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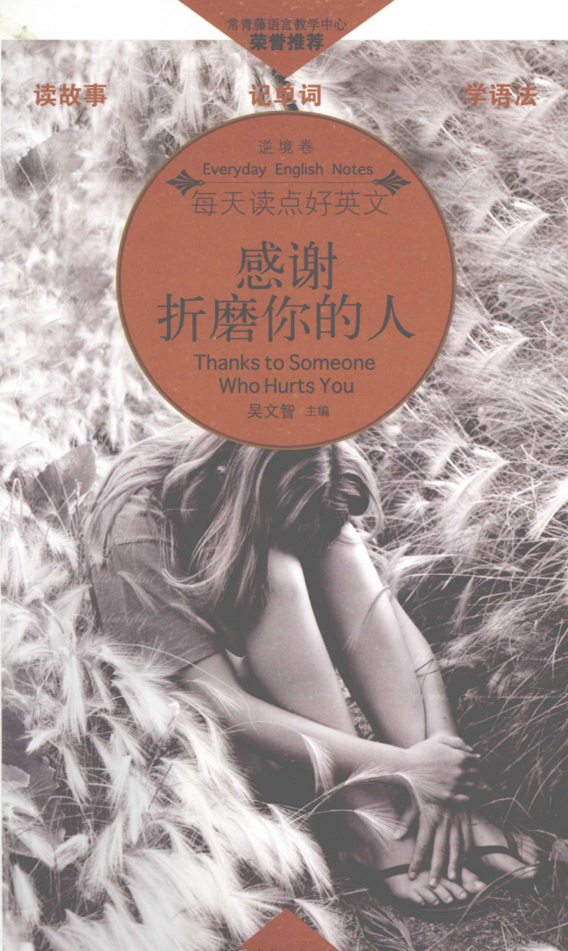
Everyday English Notes

每天读点好英文

# 感谢折磨你的人

# Thanks to Someone Who Hurts You

吴文智 主编



海豚出版社
DOLPHIN BOOKS
CIPG 中国国际出版集团

*Everyday English Notes*

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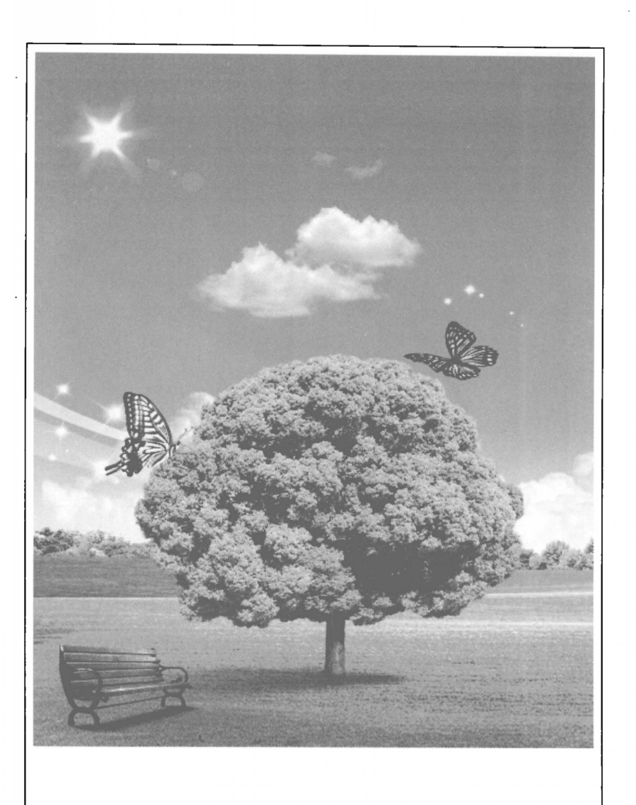
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所谓命运不过是自己选择的结果。尽管人们的追求不同、喜好各异，但无疑每个人都想在短暂的生命旅途中享受愉悦、收获幸福。



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我不会因昨日的成功而骄傲自大，

因为这是失败的祸根。

不论昨日的一切是好是坏，

我都将忘记，

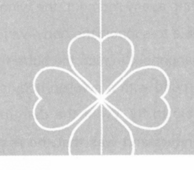
满怀自信地迎接新一轮太阳的升起，

我相信这将是最美好的一天。

# 第一卷

## 生命本身就是最美的希望

Life Is the Best Beautiful Hope





# 蝴蝶的翅膀
## Butterfly's Wings

● 佚名 / Anonymous

One day a small opening appeared on a **cocoon**, a man sat and watched for the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and it could go no further. So the man decided to help the butterfly, he took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then **emerged** easily.

But it had a **swollen** body and small, **shrivelled** wings. The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly. What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle

required for the butterfly to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our life. If God allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as what we could have been.

I asked for strength
And God gave me difficulties to make me strong.
I asked for wisdom
And God gave me problems to solve.
I asked for courage
And God gave me danger to overcome.
I asked for love
And God gave me troubled people to help.
I received nothing I wanted.
I received everything I needed.



一天，有一个蚕茧上面出现了一道裂缝。一个人坐在那儿，好几个小时里，他看着蝴蝶挣扎着穿破小小的缝隙，试图挤出来。然而，它看起来毫无进展，似乎已竭尽全力，无法往前再迈一步。于是，这个人决定帮蝴蝶一把。他拿来一把剪刀，剪破蚕茧的其他部分后，蝴蝶轻易地破茧而出。

然而，蝴蝶的身体肿胀，翅膀小且皱巴巴的，没有展开。

这个人继续观察蝴蝶，他希望在某一刻，蝴蝶的翅膀能够展开张大，身体慢慢缩小，最终翅膀能够支撑身体飞起来。但他始终没有看到这一幕。事实上，这只蝴蝶只能拖着肿胀的身体和皱褶的翅膀，爬行着度过它的余生，再也飞不起来。这个急躁而好心的人并不知道，束缚蝴蝶的蚕茧，穿过狭小的缝隙所需的挣扎，都是上帝的安排。在那个过程中，蝴蝶将体内的水分挤到翅膀里，作好起飞的准备，一旦它突破蚕茧获得自由，就能飞翔。

有时候，我们需要的正是奋斗。若上帝让我们的生活一帆风顺，那么，我们的人生就会有缺陷。我们也就不能达到我们应有的强壮。

我渴求力量
上帝给予困难，让我变得强大。
我渴求智慧
上帝给予难题，让我去解决。
我渴求勇气
上帝给予危险，让我去征服。
我渴求爱
上帝给予危难中的人，让我去帮助。
我没有得到任何我想要的，
我却得到了所有我需要的。

“不经一番寒彻骨，哪来梅花扑鼻香！”在成长的路上没有捷径可走，即使有，也是一条布满荆棘、迂回曲折的坎坷之路。因为只有体验荆棘之痛，我们才会懂得坚强；只有经历坎坷之苦，我们才能变得坚韧；也只有具备这些品质，我们才能在未来的人生路上冲破各种困境，自由飞翔。

**词汇笔记**

cocoon [kə'kuːn] *n.* 茧；蚕茧

例 The children tore the cocoon open to see if there was a pupa.
孩子们撕开蚕茧看看里面有没有蛹。

emerge [i'məːdʒ] *v.* 露头；显现；显露

例 When patterns are broken, new worlds can emerge.
打破固定的模式，新世界才能出现。

swollen ['swəulən] *adj.* 膨胀的；肿起的；浮肿的

例 Her eyes were swollen with weeping.
她把眼睛都哭肿了。

shrivelled ['ʃrivld] *adj.* 干瘪的；皱缩的；枯萎的

例 He had become a shrivelled old man.
他已变成一个干巴老头。

**小试身手**

一旦它突破蚕茧获得自由，就能飞翔。

译 ________________________________________

有时候，我们需要的正是奋斗。

译 ________________________________________

若上帝让我们的生活一帆风顺，那么，我们的人生就会有缺陷。我们也就不能达到我们应有的强壮。

译 ________________________________________

**短语家族**

Then it seemed to stop **making** any **progress**.

make progress：取得进步；进展；前进

造 ________________________________________

He took a pair of scissors and **snipped off** the remaining bit of the cocoon.

snip off：剪掉；铰掉

造 ________________________________________



# 为了哨子你付出昂贵的代价
## You Give too Much for Your Whistle

● 佚名 / Anonymous

When I was a child of seven years old, my friends, on a holiday, filled my pocket with coppers. I went directly to a shop where they sold toys for children; and being charmed with the sound of a whistle, that I met by the way in the hands of another boy, I **voluntarily** offered and gave all my money for one. I then came home, and went whistling all over the house, much pleased with my whistle, but **disturbing** all the family. My brothers, and sisters, and cousins, understanding the **bargain** I had made, told me I had given four times as much for it as it was worth; put me in mind what good things I might have bought with the rest of the money; and laughed at me so much for my folly, that I cried with **vexation**; and the reflection gave me more chagrin than the whistle gave me pleasure.

This, however, was afterwards of use to me, the impression continuing on my mind; so that often, when I was

tempted to buy some unnecessary thing, I said to myself: Don't give too much for the whistle; and I saved my money.

As I grew up, came into the world, and observed the actions of men, I thought I met with many, very many, who gave too much for the whistle.

When I saw one too ambitious of court favor, sacrificing his time in attendance on levees, his repose, his liberty, his virtue, and perhaps his friends, to attain it, I have said to myself, this man gives too much for his whistle.

When I saw another fond of popularity, constantly employing himself in political bustles, neglecting his own affairs, and ruining them by that neglect, He pays, indeed, said, too much for his whistle.

If I knew a miser, who gave up every kind of comfortable living, all the pleasure of doing good to others, all the esteem of his fellow–citizens, and the joys of benevolent friendship, for the sake of accumulating wealth, Poor man, said I, you pay too much for your whistle.

When I met with a man of pleasure, sacrificing every laudable improvement of the mind, or of his fortune, to mere corporeal sensations, and ruining his health in their pursuit, Mistaken man, said I, you are providing pain for yourself, instead of pleasure; you give too much for your whistle.

If I see one fond of appearance, or fine clothes, fine houses, fine furniture, free equipages, all above his fortune, for which he contracts debts, and ends his career in a prison, Alas! Say I, he has paid dear, very dear, for his whistle.

When I see a beautiful sweet–tempered girl married to an ill–natured brute of a husband. What a pity, say I, that she

should pay so much for a whistle!

In short, I conceive that great part of the miseries of mankind are brought upon them by the false estimates they have made of the value of things, and by their giving too much for their whistles.



七岁时，有一次放假，朋友们给了我很多铜币，塞了满满一口袋。于是，我便直奔一家儿童玩具专卖店。路上，我被一个男孩手中哨子的哨音吸引住了，于是，我主动提出用我所有的铜币换他的哨子。我很得意，一回到家里，就吹着哨子满世界跑，但这哨音打扰了家人。哥哥、姐姐和表亲们得知我做的这笔交易后，就告诉我，我付了四倍于哨子价值的钱。他们说我多付的钱可以买好多好东西，还笑话我竟然做出这等蠢事。我懊恼得哭了起来，这件事带给我的苦恼多于快乐。

不过，这件事一直留在我的记忆中，对我今后的人生益处良多。从那以后，每当我想去买一些不必要的东西时，总对自己说：不要为哨子付出太多。于是，我便省下了钱。

长大后，进入社会，遇到了很多人。我观察着人们的行为，最后发现，他们都为自己的哨子付出了过高的代价。

当我看见一个人过分热衷于攀附权贵，把时间都花在谋求接见之中，而不惜牺牲自己的睡眠、自由、德行甚至朋友时，我便对自己说，这个人为了他的哨子付出了昂贵的代价。

当我看见另一个人醉心于名望，一次次地投身于政界的纷扰繁杂之中，忽视了自己的分内之事，最后因这种忽视而毁了自己时，我说，他确实为他的哨子付出了昂贵的代价。

当我得知一个守财奴为了积累财富，宁愿放弃舒适的生活、

行善的乐趣、同胞的尊重和友爱带来的欢愉时，我会说，可怜的人啊，为了他的哨子，他付出了昂贵的代价。

当我遇到一个沉湎于享乐，为了追求肉体上的享受，牺牲一切精神或物质上值得称道的改进，甚至不惜毁掉自己的健康时，我要说，误入歧途的人啊，他是有福不享，自讨苦吃，为了他的哨子，他付出了昂贵的代价。

当我看到一个人追求外表，或沉迷于精致的服装、豪华的住宅、富丽的家具、漂亮的马车；以致入不敷出、债台高筑，最后锒铛入狱时，我说，天哪！为了他的哨子，他付出了如此昂贵的代价。

当我看到一个美丽动人、性情温顺的女孩，嫁给一个粗野、残忍的丈夫时，我说，真是可惜，为了她的哨子，她付出了昂贵的代价。

总之，我认为，人类遭受的不幸很大一部分都是由于他们对事物的价值作出错误的评估所造成的，他们为自己的哨子付出了过高的代价。

**生活是一首和弦曲，只有各种音符的默契配合才可能奏出悦耳的音乐，而每个音符停留的时间要依这首曲子的整体效果而定。生命中每个人都有各种欲望、期待和理想，它们正如这些音符，只有准确衡量其轻重缓急，为其支付等值的钞票，才可能使这首生命之曲悦耳动听。**

**词汇笔记**

voluntarily ['vɔləntərili] *adv.* 自动地；自发地

例 The reactionary classes never give up power voluntarily.
反动阶级从来不会自动放弃政权。

disturbing [di'stə:biŋ] *v.* 打扰；妨碍；弄乱

例 They were charged with disturbing the peace.
他们被指控犯了扰乱治安罪。

bargain ['bɑ:gin] *n.* 协议；交易

例 He drove a hard bargain.
他拼命地讨价还价。

vexation [vek'seiʃən] *n.* 懊恼；烦恼

例 What a bundle of contradictions is a man! Surety, humour is the saving grace of us, for without it we should die of vexation.
人真是充满矛盾啊！毫无疑问，幽默是帮助我们摆脱烦恼的唯一办法，要是没有它，我们将死于烦恼。

**小试身手**

有一次放假，朋友们给了我很多铜币，塞了满满一口袋。

译 ______________________________

每当我想去买一些不必要的东西时，总对自己说：不要为哨子付出太多。

译 ______________________________

我认为，人类遭受的不幸很大一部分都是由于他们对事物的价值作出错误的评估所造成的。

译 ______________________________

**短语家族**

...**being charmed with** the sound of a whistle...

be charmed with：醉心于……；被……迷住

造 ______________________________

When I **was tempted to** buy some unnecessary thing, I said to myself, Don't give too much for the whistle.

be tempted to：受诱惑做某事

造 ______________________________



# 那片羽毛随风飘散
## Feather in the Wind

● 佚名 / Anonymous

A certain good woman one day said something that hurt her best friend of many years. She regretted immediately and would have done anything to have taken the words back. What she said hurt the friend so much that this good woman was herself hurt for the pain she caused. In an effort to **undo** what she had done, she went to an older, wiser woman in the village, explained her situation, and asked for advice.

Listening to her, the older woman sensed the younger woman's **distress** and knew she must help her. She also knew she could never **alleviate** her pain, but she could teach. She knew the outcome would depend solely on the character of the younger woman. She said, "Tonight, take your best feather pillows and put a single feather on the doorstep of each house in town before the sun rises."

The young woman hurried home to prepare for her chore,

even though the feather pillows were very dear to her. All night long, she labored alone in the cold. Finally the sky was getting light, she placed the last feather on the steps of the last house. Just as the sun rose, she returned to the older woman.

"Now," said the wise woman, "Go back and **refill** your pillows with the feather you have put on the steps. Then everything will be as it was before."

"You know that's impossible! The wind blew away each feather as fast as I placed them on the doorsteps!" The young woman was surprised.

"That's true," said the older woman, "Never forget. Each of your words is like a feather in the wind. Once spoken, no amount of effort, regardless how heartfelt or sincere, can never return them to your mouth. Choose your words well and guard them most of all in the presence of those you love."



一天，一个善良的女人说了一些话，伤害了多年的好友。话刚出口，她就后悔了，若能收回已说出口的话，她愿意付出一切代价。她的话不但深深地伤害了朋友，自己也因此痛苦不堪。为了弥补自己的过失，她求助于村里的一位有智慧的老妇人，向她诉说了自己的苦恼。

从这个年轻女人的话里，老妇人能体会到她的苦恼，因此，她决定帮她一把。同时，她也知道，自己虽不可能减轻她的痛苦，但至少可以让她吸取教训；结果将会取决于这个年轻女人的性格。于是，老妇人说："今夜，你将最好的羽绒枕头拿出来，天亮之前，在镇上每一户人家的门阶上放一根羽毛。"

尽管这个年轻女人舍不得那些珍贵的羽绒枕头，但她还是匆忙回家，准备按老妇人的话去做。整整一夜，她顶着寒风，一个人奔忙于镇上。终于在天快亮时，她把最后一根羽毛放在了最后一幢房子的门阶上。日出之时，她又来到老妇人那里。

这位智慧长者说："现在回去，将你放在门阶前的羽毛收齐装进枕头。然后，一切就会恢复从前的样子。"

年轻女人惊呼："那怎么可能！我把羽毛一放在门阶上，风马上就将它吹走了！"

老妇人说："没错。所以，你得记住，你所说的每一句话就像风中的羽毛一样。一旦说出口，不论你怎样努力，也不管你如何有诚意，都再也收不回来。说话要慎重，在你爱的人面前尤其要注意这点。"

古语云："覆水难收"，事后想办法补救固然是好的，但事情已经随着时间的流逝而不可逆转了。如果真的要自己问心无愧，就要在说每一句话、做每一件事之前三思，尊重别人，也尊重自己，为自己留下无悔的记忆，也为别人带去温暖。

**词汇笔记**

undo [ˌʌn'du] v. 松开；解开

例 It is better for the doer to undo what he has done.

解铃还须系铃人。

distress [dis'tres] n. 悲痛；痛苦；忧伤；苦恼

例 Company in distress makes trouble less.

同病相怜，痛苦减轻。

alleviate [ə'li:vieit] v. 减轻；缓解；缓和

例 Tea with milk can alleviate fatigue, stimulate appetite and help assimilation.

奶茶有解除疲劳、使人兴奋、增强食欲、帮助消化等作用。

refill ['ri:fil] v. 再注满；重新装满

例 Print your document after you refill your ink to check the nozzle condition.

填充墨水后，打印文档，检查喷嘴状态。

**小试身手**

你所说的每一句话就像风中的羽毛一样。

译 ______________________________

一旦说出口，不论你怎样努力，也不管你如何有诚意，都再也收不回来。

译 ______________________________

说话要慎重，在你爱的人面前尤其要注意这点。

译 ______________________________

**短语家族**

She regretted immediately and would have done anything to have **taken** the words **back**.

take back：收回；撤回

造 ______________________________

Choose your words well and guard them most of all **in the presence of** those you love.

in the presence of：在……面前

造 ______________________________



# 失败是刚迈进成功的那只脚

## The Uncertainty Principle

● 佚名 / Anonymous

Two sailors ran into each other in a pub. Over a few beers, one of the men told the other about his last voyage: "After a month at sea," he said, "we discovered our masts had been eaten through by **termites** ! Almost nothing left of them."

"That's terrible," said the second sailor.

"That's what I thought at first too," the first sailor said, "but it turned out to be good luck... As soon as we took the sails down to fix the masts, we were hit by a squall so suddenly and so hard, it would surely have blown us over if our sails were up at the time."

"How lucky!"

"That's exactly what I thought at the time, too. But because our sails were down, we couldn't steer ourselves, and because of the wind, we were blown onto a reef. The hole in the hulls was too big to fix. We were **stranded**."

"That is bad luck indeed."

"That' s what I thought, too, when it first happened. But we all made it to the beach alive and had plenty to eat. But now here's the real **kicker**: While we were on the island whining about our terrible fate, we discovered a buried treasure!"

As this story illustrates, you don't know if an event is "good" or "bad" except maybe in retrospect, and even then you don't really know because life keeps going. The story's not over yet. Just because something hasn't turned out to be an advantage yet doesn't mean it is not ever going to.

Therefore, you can simply assume whatever happens is "good". I know that sounds awfully airy–fairy, but it's very practical. If you think an event is good, it's easy to maintain a positive attitude. And your attitude affects your health, it affects the way people treat you and how you treat others, and it affects your energy level. And those can help pave the way for things to turn out well. A good attitude is a good thing. And a bad attitude does you no good at all.

So get in the habit of saying "That's good!". Since you don't know for sure whether something will eventually work to your advantage or not, you might as well assume it will. It is **counterproductive** to assume otherwise. Think about it. If someone ahead of you in line at a store is slowing everything down, say to yourself, "That's good!" They may have saved you from getting into an accident when you get back in your car. Or maybe, because you slowed down, you might meet a friend you would have missed. You never know. The truth is, life is uncertain. And even that can work to your advantage.



两个水手在一个酒吧偶遇，喝了几杯啤酒后，其中的一个水手向另一个说起了他最近的航海经历。他说：“我们在海上走了一个月后，发现桅杆被白蚁蛀空了！几乎什么都没有留下来。”

“那太可怕了。”另一个水手说道。

“开始我也是这么认为的，”第一个水手说，“但后来情况有了转机，因为我们刚把帆降下来准备修桅杆时，就遭到一场突如其来的暴风雨的袭击。如果当时我们挂着帆，船肯定被掀翻了。”

“真幸运啊。”

“我们当时也是这么想的。但是因为帆降下来了，我们无法控制帆船。由于风很大，我们被风吹着触礁了。船撞出一个无法修补的大洞，我们都束手无策。”

“那确实太倒霉了。”

“一开始我也这么想。但我们都活着来到沙滩上，并且有充足的食物。然后就发生了真正让人兴奋的事：就在我们抱怨自己时运不济时，我们发现了一处深埋在地下的宝藏！”

就像这个故事阐释的，一件事的好坏，也许只有在你回顾过去时，才能确定；即使是那个时候，你可能仍然不知道，因为生活还在延续，故事尚未结束。一件事还没有呈现出它有利的方面时，并不意味着它永远不会。

因此，发生的所有事情你都可以简单地假定是“好事”。我知道这听起来像天方夜谭，但非常实用。如果你认为一件事是好事，要保持一种积极的心态就比较容易。而且，你的态度影响着你的健康，影响着你和他人彼此间的态度，并且对你的精力也有影响。而这些又有助于事情向好的方向发展。良好心态本身就是一件好事，而不良心态则对你毫无益处。

所以，我们要养成说“那很好！”的习惯。既然一件事最终对你是否有利，你无法确定，那就先假设，来肯定它。否定的假设会产生不良的效果。好好想想吧！你购物时，如果排在你前面的人正在磨磨蹭蹭，浪费其他人的时间，你可以对自己说：“那很好！”这也许能使你避免回到车上时碰到事故。或者，因为你的速度放慢了，你可能会碰见一个朋友，而本来你们会错过，你永远都不知道。事实是，人生变幻无常。即使这样，你仍然可以从中受益。

老子说：“福兮祸之所倚，祸兮福之所伏。”世间万物均在各自矛盾交替的轮回中存在着，没有一劳永逸的成功，也不存在永恒的失败。正如阴晴雨雪的天气一样，成与败，喜与悲，总是轮流登场，而你只要拥有良好的心态，天阴的时候，也可以心晴。

**词汇笔记**

termite ['tə:mait] *n.* 白蚁；白蚁类

例 Termite often destroys wood.
白蚁经常破坏树木。

strand [strænd] *v.* 使搁浅；使处于困境

例 He was left stranded penniless in a strange city.
他流落到一个陌生的城市里，身无分文，一筹莫展。

kicker ['kikə] *n.*（一连串事情的）意外结局

例 The real kicker is that he takes the same way back!
真正让人意外的是，他采取同样的方法回来了！

counterproductive ['kauntəprə,dʌktiv] *adj.* 产生反效果；适得其反

例 Increases in taxation would be counterproductive.
多征税的效果会适得其反。

**小试身手**

一件事还没有呈现出它有利的方面时，并不意味着它永远不会。

译 ______________________________

良好心态本身就是一件好事，而不良心态则对你毫无益处。

译 ______________________________

事实是，人生变幻无常。即使这样，你仍然可以从中受益。

译 ______________________________

**短语家族**

Two sailors **ran into** each other in a pub.
run into：偶然遇见

造 ______________________________

You don't know if an event is "good" or "bad" except maybe **in retrospect**.
in retrospect：回顾往事；检讨过去

造 ______________________________



# 学校里无硝烟的战争

## Challenges of School

● 佚名 / Anonymous

Life is full of challenges. School has to be the most challenging obstacle in the lives of youth today.

Elementary school brings about a few challenges **characteristic** of those years spent there. There's the challenge of coloring in the lines, a very real problem to any youngster. Or how about the challenge of remembering to raise one's hand before one speaks? There are hundreds of rules and **regulations** that **govern** these young children. The one thing that keeps these children in line is the hope of reward. Yes, this is the brass ring. The reward for a clean desk is an extra five minutes of recess! The prize for having all homework done, a shiny-new pencil topper! These small wonders keep small people in line. They make the children love challenge.

Middle school is not so easy. It is not easy for the students, and it also isn't easy for the teachers. The challenge of staying

out of trouble, or writing that research paper—these are the new **confrontations** of an older, wiser group. This clan has outgrown the recess and pencil-topper tricks. They know that their efforts have to bring them something really useful, so morn and pop are pulled onto the scene. How does five, ten dollars for each "A" sound? Or, how about no telephone if one doesn't do good in school? Need I say more?

By the time high school arrives, a student's place in academic excellence or else their unlikelihood to even graduate has been established. Little can be done now to make life's challenges seem interesting, especially where school comes in. The slothful are rewarded with a nice job at a gas station, and a fifteen-year-old Ford. The diligent are rewarded with an SAT score of over 1100, acceptance into Yale University,and a ticket to life. By meeting the challenges of school, sticking it out, and pulling through, they are given their greatest reward: success.



生活中处处有挑战。如今，年轻人所面临的最大挑战莫过于学校。

小学期间的挑战充满那个时代的气息。对于每个孩子来说，给各种线条上色，无疑如临大敌。还有，发言前记得要举手的挑战容易应对吗？为管教这些小家伙，学校制定了无数清规戒律。要让孩子们好好表现，就要给他们获奖的希望。的确，表现好就有得奖的机会。保持课桌干净，可多得五分钟休息时间；完成全部家庭作业，可获得一个崭新的铅笔帽！这些不起眼的惊喜可使那些小家伙循规蹈矩。同时，可使他们爱上挑战！

中学生活并不容易。做学生不容易，当老师也同样不容易。对于年龄较大、更懂事的学生来说，他们不再因多得到几分钟休息时间或一个铅笔帽而感到满足，他们面临的新挑战是少惹事，学习写论文。他们很清楚，他们的努力应换来一些真正实用的东西，所以父母亲也被牵涉进来。作业获得A等，是不是该得到五美元或十美元，在学校表现不好回家不许打电话又该怎么办？类似的例子，我无须多言。

到了高中，一个学生的学业是否优秀，或能否顺利毕业，已是一目了然。这时，让生活中的挑战变得有意思已经不太可能了，尤其是学业。对于懒惰的学生，学业给予他一份加油站的差事，一辆跑了15年的老福特；然而，学业给予勤奋刻苦的学生一张耶鲁大学的通行证（他的入学考分1100多），从而踏上生活的阳光大道。后者在学校时面对挑战坚忍不拔，过关斩将，终于得到生活的馈赠，成就斐然。

所谓命运，不过是自己选择的结果。尽管人们的追求不同、喜好各异，但无疑每个人都想在短暂的生命旅途中享受愉悦、收获幸福。学校是梦想起飞的地方，如果你不想在将来收获的季节空手叹息，那么在一开始就请播下饱满的种子——积极、勤奋、理智。

**词汇笔记**

characteristic [ˌkæriktəˈristik] *adj.* 特有的；典型的

例 Urban inhabitants have to live with the characteristic noises of cities.
城市居民不得不忍受都市特有的喧嚣。

regulation [ˌregjuˈleiʃən] *n.* 规章；规则；章程；规章制度；法规

例 He was fined for breaking traffic regulations.
他因违反交通规则而被罚款。

govern [ˈɡʌvən] *v.* 管理；治理

例 One can't completely govern one's thoughts at all times.
人不能始终控制得住自己的思想。

confrontation [ˌkɔnfrʌnˈteiʃən] *n.* 对抗；对抗的事物；对峙；冲突

例 We value plurality, but discourage open confrontation.
我们重视多元，但避免对立。

**小试身手**

生活中处处有挑战。如今，年轻人所面临的最大挑战莫过于学校。

译 ______________________________

小学期间的挑战充满那个时代的气息。

译 ______________________________

对于懒惰的学生，学业给予他一份加油站的差事，一辆跑了15年的老福特；然而，学业给予勤奋刻苦的学生一张耶鲁大学的通行证。

译 ______________________________

**短语家族**

Life **is full of** challenges.

be full of：充满；装满

造 ______________________________

Elementary school **brings about** a few challenges characteristic of those years spent there.

bring about：带来；产生

造 ______________________________



# 坚持才能走向成功

## I Will Persist until I Succeed

● 佚名 / Anonymous

In the **Orient** young bulls are tested for the fight arena in a certain manner. Each is brought to the ring and allowed to attack a picador who pricks them with a lance. The bravery of each bull is then rated with care according to the number of times he **demonstrates** his willingness to charge in spite of the sting of the blade. Henceforth will I recognize that each day I am tested by life in like manner. If I persist, if I continue to try, if I continue to charge forward, I will succeed.

I was not delivered unto this world in defeat, nor does failure course in my veins. I am not a sheep waiting to be prodded by my shepherd. I am a lion and I refuse to talk, to walk, to sleep with the sheep. I will hear not those who weep and complain, for their disease is **contagious**. Let them join the sheep. The slaughterhouse of failure is not my destiny.

The prizes of life are at the end of each journey, not near

the beginning; and it is not given to me to know how many steps are necessary in order to reach my goal. Failure I may still encounter at the thousandth step, yet success hides behind the next bend in the road. Never will I know how close it lies unless I turn the corner. Always will I take another step. If that is of no avail I will take another, and yet another. In truth, one step at a time is not too difficult.

Henceforth, I will consider each day's effort as but one blow of my blade against a mighty oak. The first blow may cause not a tremor in the wood, nor the second, nor the third. Each blow, of itself, may be trifling, and seem of no consequence. Yet from childish swipes the oak will eventually tumble. So it will be with my efforts of today. I will be likened to the rain drop which washes away the mountain; the ant who devours a tiger; the star which brightens the earth; the slave who builds a pyramid. I will build my castle one brick at a time for I know that small attempts, repeated, will complete any undertaking.

I will never consider defeat and I will remove from my vocabulary such words and phrases as quit, cannot, unable, impossible, out of the question, improbable, failure, unworkable, hopeless, and retreat; for they are the words of fools. I will avoid despair but if this disease of the mind should infect me then I will work on in despair. I will toil and I will endure. I will ignore the obstacles at my feet and keep mine eyes on the goals above my head, for I know that where dry desert ends, green grass grows.

I will remember the ancient law of averages and I will bend it to my good. I will persist with knowledge that each failure

will increase my chance for success at the next attempt. Each nay I hear will bring me closer to the sound of yea. Each frown I meet only prepares me for the smile to come. Each misfortune I encounter will carry in it the seed of tomorrow's good luck. I must have the night to appreciate the day. I must fail often to succeed only once.

I will try, and try, and try again. Each obstacle I will consider as a mere **detour** to my goal and a challenge to my profession. I will persist and develop my skills as the mariner develops his, by learning to ride out the wrath of each storm.

I will not allow yesterday's success to lull me into today's complacency, for this is the great foundation of failure. I will forget the happenings of the day that is gone, whether they were good or bad, and greet the new sun with confidence that this will be the best day of my life. So long as there is breath in me, that long will I persist. For now I know one of the greatest principles of success：if I persist long enough I will win.

I will persist. I will win.



在东方，挑选小公牛去竞技场格斗有一定的程序。每头小牛都被带进场地，向手持长矛刺向它们的斗牛士发起攻击。小牛的勇敢程度，以它所表现出的可以忍受长矛刺痛的次数来衡量。我从中意识到——生活里，我每天都经历着类似的测试；如果我坚持下去、不断尝试、勇往直前，就能获得成功。

我并不是为了失败才来到这个世界，我的血管里流淌的也不是失败的血液。我不是一只任人宰割的羔羊，而是一头决不与羊

群为伍的猛狮。我不愿听到弱者的哭泣和抱怨，因为他们的脆弱会影响到我。让他们加入羔羊的行列吧！失败者的屠宰场不是我的宿命。

生活的犒赏不会出现在旅途的起点附近，而往往在旅程的终点。我不知道要走多远才能到达目的地。走到第一千步，我仍然可能遭遇失败，然而成功就在下一个拐弯处；如果我不转过去，我永远也不会知道它离我有多近。通常，我都会再前行一步；如果还没成功，我还会再向前一步，然后再往前一步。事实上，每一步并非那么困难。

因此，我认为，每天的努力就好比往大橡树上砍一刀。最开始的一击也许对大树没有任何影响，第二刀也是这样，第三刀还是这样。每一刀似乎都没什么效果，都可以忽略。但这小小的一刀一刀累积起来，大橡树终将倒掉。同样的，我们也可以把今天所作的努力比做冲刷山岭的雨滴、蚕食老虎的蚂蚁、照亮地球的星星和建造金字塔的奴隶。我要一砖一瓦地垒筑起自己的城堡，因为我知道，小小的努力，只要坚持下去，就能成就伟业。

我决不会考虑失败，我要从我的字典里去掉这些愚蠢的词和短语：放弃、无法、不能够、不会发生、不可能、没有可能性、失败、难以实行、无望和退却等；我会尽量摆脱失望的控制，即使染上这种思想疾病，我也将在绝望中继续前进；我要挥洒汗水，不停劳作，忍受一切磨难痛苦；我会全身心地向着目标前行，藐视所有阻碍。因为我坚信，沙漠尽头必有绿洲。

我将牢记古老的平均律，并为我所用。我相信，每一次失败都增加了成功的胜算，每一次否定都是肯定的砝码，每一次失败都是成功的前奏，每一次不幸都预示着明天的好运。只有经历过黑夜，才能欣赏到白昼的明亮；只有经历了多次的失败，才能取得最终的成功。

我将努力、努力、再努力。我将视每一个障碍为成功路上的一个小小延误，是对我的职业的一种挑战。我将坚持下去，像水

手一样不断提高自己的技能，乘风破浪，勇往直前。

我不会因昨日的成功而骄傲自大，因为这是失败的祸根。不论昨日的一切是好是坏，我都将忘记，满怀自信地迎接新一轮太阳的升起，我相信这将是最美好的一天。只要一息尚存，我就要坚持到底。因为我已经知道了成功的最大秘诀：只要坚持到底，我就一定会获得成功。

坚持下去，定会成功。

一切贵在坚持。当你开始一段新的征程时，不要因为目标遥远而中途放弃，不要因为荆棘密布而停止脚步，不要因为孤独难耐而动摇决心，你要记住：坚持，只要抬起脚，路便在下面延伸，目标便指日可待。

## 词汇笔记

orient ['ɔ:riənt] *n.* 东方；亚洲

例 They love paintings from the Orient.

他们喜欢来自东方的绘画。

demonstrate ['demənstreit] *v.* 显示；表露

例 He demonstrated dauntless heroism in the war.

他在战斗中表现出大无畏的英雄主义。

contagious [kən'teidʒəs] *adj.* 有感染力的

例 Yawning is contagious.

打呵欠是容易传染的。

detour ['di:tuə] *n.* 绕行的路；绕道；兜圈子

例 We made a detour to avoid the heavy traffic.

我们绕道走，避开繁忙的交通。

## 小试身手

如果我坚持下去、不断尝试、勇往直前，就能获得成功。

译 ____________________

生活的犒赏不会出现在旅途的起点附近，而往往在旅程的终点。我不知道要走多远才能到达目的地。

译 ____________________

只有经历过黑夜，才能欣赏到白昼的明亮；只有经历了多次的失败，才能取得最终的成功。

译 ____________________

## 短语家族

If that **is of no avail** I will take another, and yet another.

be of no avail：无济于事

造 ____________________

I will **be likened to** the rain drop which washes away the mountain.

be likened to：好比

造 ____________________



# 你从未真正失去自己的价值

## You Never Really Lose Your Value

● 佚名 / Anonymous

A well known speaker started off his **seminar** by holding up a $20 bill. In the room of 200, he asked, "What is this piece of paper and is it worth anything?"

"It is a $20 bill, encashable in international and national markets for its **quoted** value," replied one of the many participants who raised their hands.

The speaker proceeded to **crumple** the dollar bill up using both his hands till it became a bundle of wrinkled paper.

He then unfolded it again and making an unsuccessful attempt to keep it straight, he asked, "Would you still be able to negotiate it for its quoted value?"

"Yes!" was the echoing reply from the participants.

"Well," he said, "Looks like I haven't done enough! What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, which was now

all crumpled, dirty, defaced and not easy to recognize from a distance.

"Now will someone like to trade it for its quoted value?"

Many hands went in the air.

"I think this piece of currency is still holding its quoted value," replied a participant in a slightly unsure voice.

"This bill can still fetch goods worth 20 dollars," said the other participant.

Everyone agreed.

"My friends, there is a very valuable lesson in this exercise that we are just through with. It may have appeared to some of you, that I was able to deshape, deface, **mutilate** and alter the $20 bill during the process as the effects were quite visible.

"However, no matter what I did to this piece of paper, you still upheld its negotiability because you were sure in your mind that my actions did not actually decrease its value. It was still a currency note worth $20.

"Many times in our lives, we feel like as if we are dropped, crumpled, and ground into the dirt by the decisions we make or the circumstances that come our way. We feel as though we are worthless. It may also appeal to onlookers as if it has really happened to certain extent. But no matter what has happened or what will happen, please remember you never lose your 'Value'."

Values that you cherish are indeed devoid of worldly disturbance and always you're your saviour.

研讨会上，一位著名的演说者是这样开场的——他举起一张20美元的钞票，问在座的200名听众：“这张纸是什么？它有价值吗？”

“这是一张20美元的钞票，按它的面值，在国际和国内市场都能兑换。”在众多举手的参与者中，一个人这样答道。

于是，演说者把那张美钞揉成一团，搓成了一张皱巴巴的纸。

接着，他又把美钞展开，并尽量把它弄平整，但仍然皱皱巴巴的。他问道：“按面值，你们还能把它兑换出去吗？”

“能！”大家异口同声地说。

“哦，”演说者说，“看来我做的还不够啊！要是我这么做呢？”他说着，就把那张20美元丢到地上，开始用鞋踩来踩去。然后，他捡起钞票，这时，那张钞票已经皱得不成样子了，而且脏兮兮的，面目全非，从远处很难认出是什么东西。

“现在，还有人愿意按它的面值和我做交易吗？”

许多人都举起了手。

“我认为，这张钞票仍有票面价值。”一位听众回答道，声音中透着些许不自信。

“这张钞票还可以买价值20美元的商品。”另一人说道。

大家一致赞同。

“朋友们，我刚刚所举的一个例子包含着一个深刻的道理，可能有些人已经意识到了。整个过程中，我把这张20美元的钞票弄得变形、走样，让它面目全非、残缺不全，结果你们也看到了。

“但是，不论我怎么毁损这张美钞，你们仍对它的可流通性确信不疑，因为你们都认为，我对它所做的并没让它真正贬值。

它还是一张价值20美元的钞票。

“生活中，很多时候，我们总被自己作出的决定或遭遇的境况所困扰，觉得自己被扔在地上，揉成一团，被踩进烂泥里。我们觉得自己毫无用处；甚至在某种程度上，一个旁观者也可能这么认为。那么，朋友们，请记住，不论发生了什么，或将要发生什么，你都不会失去你的‘价值’。”

你所珍视的价值一定不会受到尘世中各种纷扰的影响，它就是你一生的依靠。

---

正如一张被折皱的钞票不会贬值一样，无论你在人生路上遭遇怎样的挫折，不管是被揉成团、压成饼，抑或被扔进臭水沟，都不要怀疑自己的价值，因为只要你还活着，健康地活着，你的生命就不会贬值，而你只需要用行动向世人证明这点。

**词汇笔记**

seminar ['seminɑ:] *n.* 研讨班；研讨小组；研讨会；培训会

例 He had presided over a seminar for theoretical physicists.

他主持了一个理论物理学家的会议。

quote [kwəut] *v.* 报（价）；开（价）

例 The company's shares are currently being quoted at 62 pence a share.

该公司股票的现在报价是每股62便士。

crumple ['krʌmpl] *v.* 压皱；弄皱

例 He crumpled a letter into a ball.

他把信揉成一团。

mutilate ['mju:tleit] *v.* 损坏；使残缺不全

例 Someone mutilated the book by tearing out the illustrations.

有人撕掉插图，把那本书弄得残缺不全。

**小试身手**

许多人都举起了手。

译 ______________________________

不论发生了什么，或将要发生什么，你都不会失去你的“价值”。

译 ______________________________

你所珍视的价值一定不会受到尘世中各种纷扰的影响，它就是你一生的依靠。

译 ______________________________

**短语家族**

The speaker **proceeded to** crumple the dollar bill up using both his hands till it became a bundle of wrinkled paper.

proceed to：接着；继续

造 ______________________________

**No matter what** I did to this piece of paper, you still upheld its negotiability.

no matter what：无论如何；不管怎样

造 ______________________________



# 勇敢地攀登到人生的峰顶
## Reaching the Top of the Mountain

● 佚名 / Anonymous

"You can always see a beautiful sky at the top of the mountain, but you can't see it before you reach the top."

Whenever the sun dropped and the blue sky came up, my father and I used to climb the mountain near my house. Walking together, my father and I used to have a lot of conversations through which I learned lessons from his experiences. He always stressed to me, "You should have **objectives** and capacity like the mountain."

This has largely **influenced** my life. Without the mountain-climbing that we both enjoyed, we couldn't have had enough time to spend together because my father was very busy. I believe mountaineering is really **beneficial**. It gave me time to talk with my father and to be in deep **contemplation** as well as develop my patience. I loved scaling mountains, to get away from the noise and pollution of the city, and breathe the fresh air.

One time we climbed a very high mountain. It was so challenging for me because I was only ten years old. During the first few hours of climbing, I enjoyed the fresh air, the birds' singing, and the beautiful dances of butterflies; but as time passed, I got a pain in both of my legs. At that moment, I wanted to quit climbing. Actually, I hated it at that moment, but my father said to me, "Spring is a season when everything comes to life again. The mountain and fields where we are standing are embroidered with flowers and trees. You can always see a beautiful sky at the top of the mountain, but you can't see it before you reach the top. You can always enjoy the scenes of many waterfalls and countless peaks and valleys at the top of the mountain, but you can't when you are halfway up. Only there at the top, can you embrace all of those things, just like in life."

At that time, I was too young to understand his thoughts, but after that, I got new hope and confidence. Finally, I found myself standing at the top of the mountain. And there, I could see the whole of the sky, which was as clear as crystal.



“你总能在峰顶处看到美丽的天空，但在抵达峰顶前你是看不到的。”

每当太阳快下山时，我和父亲总会去爬我家附近的那座山。我们经常在爬山时聊起许多话题。父亲的经验之谈，让我受益匪浅。他总是鼓励我：“你要有山一般坚定的目标和宽阔的胸怀。”

这些话对我的人生产生了深刻的影响。父亲总是很忙，要不是我们都喜欢爬山，我们不可能有很多时间待在一起。我坚信爬山的确很有好处——它让我有了与父亲畅谈和独自沉思的时间，同时也培养了我的耐性。我爱爬山，它可以使我远离城市的嘈杂和污染，呼吸新鲜的空气。

一次，我们爬一座很高的山。对我来说，那简直是一个巨大的挑战，因为那时我只有10岁。开始的几个小时，我还享受着清新的空气，聆听着鸟儿的欢叫，欣赏着蝴蝶的翩翩起舞。慢慢地，我的双腿酸疼起来。在那个时刻，我非常讨厌爬山，甚至想放弃。这时父亲对我说："春天是万物复苏的季节。此刻，山峦和田野被鲜花和树木装扮。你总能在峰顶处看到美丽的天空，但在抵达峰顶前你是看不到的。在山顶，你总能欣赏到众多瀑布、山峰和峡谷的美景，但这一切在半山腰却看不到。只有在山顶，你才有幸饱览这一切，如同生活中一样。"

那时，我还小，无法理解他的话，但这些话使我充满了希望和信心。我终于爬到了顶峰。放眼望去，我看见整个天空如水晶般澄澈。

给生命一个高度，便可以看到别样的风景。在现实中，大部分人仅仅满足于平坦、容易到达之处的风景，并错误地认为这就是美的极致，而事实上，最瑰丽的奇景永远身在幽深险怪之处，只有少数勇者可以到达。

**词汇笔记**

objective [əb'dʒektiv] *n.* 目标；目的

例 Step towards and we will achieve our objective.

朝着我们的目标迈步前进。

influence ['influəns] *v.* 影响；感化

例 Competitors influence prices through their actions.

竞争者通过其行动来影响价格。

beneficial [,beni'fiʃəl] *adj.* 有益的；有利的；有用的

例 Exercise is beneficial to the health.

运动有益于健康。

contemplation [,kɔntəm'pleiʃən] *n.* 沉思；冥想

例 Contemplation was abandoned for action.

停止思考，起来行动。

**小试身手**

你总能在峰顶处看到美丽的天空，但在抵达峰顶前你是看不到的。

译 ____________________

我爱爬山，它可以使我远离城市的嘈杂和污染，呼吸新鲜的空气。

译 ____________________

只有在山顶，你才有幸饱览这一切，如同生活中一样。

译 ____________________

**短语家族**

My father and I used to **have** a lot of **conversations** through which I learned lessons from his experiences.

have conversations：对话

造 ____________________

The mountain and fields where we are standing **are embroidered with** flowers and trees.

be embroidered with：装饰

造 ____________________



# 锻炼身体的真正意义

Exercise

● 佚名 / Anonymous

A state of physical and mental health allows you to take part in exercise comfortably and enjoyably so that it doesn't hurt, so that you can look forward to it, and feel good afterwards.

If you are feeling down, exercise may help pick you up. Although researchers disagree on this issue, one review of past studies found that long-term exercise, especially when it includes long-lasting, **strenuous** training **sessions** , has about as much of an effect on depression as **psychotherapy**.

Working out helps you deal with stress in your job, relationships or any area of life? Possibly because exercise is a form of stress itself and helps condition your body to deal with it. When Australian researchers compared people who did 30 minutes of **aerobic** exercise three times a week to those who practiced progressive relaxation techniques, they found that the former

group responded better to acute stress and had lower blood pressure.

Even a little exercise can make you think less anxiously. Studies have shown that any amount of exercise, from a brisk 10 minute walk to an intense aerobics or weightlifting session seems to decrease feelings of anxiety.

Working out regularly may make you smarter now and lessen the possibility that you'll lose brain function as you age. According to a recent animal study at the University of Illinois, exercise can actually help the brain develop new cells.

In several studies, regular weight training or aerobic exercise was shown to improve the quality and duration of sleep. Naturally, this can make you less fatigued and be able to function better during the day.

Like meditation, hobbies or any other leisure activity, exercise gives your mind a needed break from everyday thoughts, responsibilities and commitments.

Finally, there's one more reason to keep exercising. When you work out regularly, your body simply functions better—you are better, healthier and less likely to suffer painful physical conditions. And that just plain feels good.



身心健康能够让人们轻松愉快地参加体育锻炼，而不会感到身体不适。人们因此乐于锻炼，锻炼之后觉得心情舒畅，感觉良好。

当你感到沮丧时，锻炼能使你重新振作。对此，尽管科研人

员意见不一，但一份回顾性的研究表明：长期的体育锻炼，尤其是长时间、高强度的训练，治疗抑郁症的效果几乎与心理治疗法无异。

锻炼能缓解工作、人际关系，甚至生活当中方方面面的压力，其原因也许在于锻炼本身就很紧张，它可以使身体灵活地应付压力。澳大利亚研究人员对参与研究的两组人的身体状况进行了比较，其中一组人做有氧健身操，每次30分钟，每周3次；另一组进行渐进式放松锻炼。他们发现：前一组人能更好地应对突如其来的压力，血压也会低一些。

即使少量锻炼也能减轻人的焦虑感。研究表明：锻炼，无论其量大小，从10分钟的健步行走到剧烈的有氧运动或举重，似乎都能减少焦虑感。

有规律地锻炼能让你变得更聪颖，还可以降低随年龄增长大脑功能退化的可能性。伊利诺伊大学最近的一项动物实验表明：锻炼其实有助于大脑新细胞的产生。

几项研究表明：有规律地进行举重练习或有氧锻炼能改善睡眠质量，延长睡眠时间。自然，疲惫减少，从而使你在白天能更好地工作。

如同静坐沉思、个人嗜好或其他任何休闲活动一样，锻炼有助于大脑在日常的思考、责任和负担之余得到必要的休息。

最后，还有一条坚持锻炼的理由。当你进行有规律的锻炼时，你的身体部件会运转得更好——你会更健壮、更健康，少受疼痛的折磨。那种感觉简直太棒了！

**词汇笔记**

strenuous ['strenjuəs] *adj.* 费力的；须用力应付的；繁重的；艰苦的

例 Strenuous labour wore out their youth.

繁重的劳动使她们失去了青春。

session ['seʃən] *n.* （进行某活动连续的）一段时间

例 He have to attend a retrain session.

他不得不参加一期的再培训。

psychotherapy [,saikəu'θerəpi:] *n.* 精神疗法；心理疗法

例 The psychotherapy is carried out in small interactive groups.

这种心理治疗是在互动的小组之间进行的。

aerobic [ɛ'robik] *adj.* 需氧的；有氧健身的

例 Aerobic exercise helps to build up stamina.

有氧健身操有助于增强耐力。

**小试身手**

当你感到沮丧时，锻炼能使你重新振作。

译 ____________________

锻炼能缓解工作、人际关系，甚至生活当中方方面面的压力。

译 ____________________

如同静坐沉思、个人嗜好或其他任何休闲活动一样，锻炼有助于大脑在日常的思考、责任和负担之余得到必要的休息。

译 ____________________

**短语家族**

A state of physical and mental health allows you to **take part in** exercise comfortably and enjoyably.

take part in：参加；参与……活动

造 ____________________

You can **look forward to** it, and feel good afterwards.

look forward to：企盼；盼望

造 ____________________



# 关于铅笔的一则寓言

## A Parable of the Pencil

● 佚名 / Anonymous

The Pencil Maker took the pencil aside, just before putting him into the box.

"There are 5 things you need to know," he told the pencil, "Before I send you out into the world. Always remember them and never forget, and you will become the best pencil you can be.

"One: You will be able to do many great things, but only if you allow yourself to be held in someone's hand.

"Two: You will **experience** a painful sharpening from time to time, but you'll need it to become a better pencil.

"Three: You will be able to correct any mistakes you might make.

"Four: The most important part of you will always be what's inside.

"And Five: On every surface you are used on, you must

leave your mark. No matter what the condition, you must continue to write."

The pencil understood and promised to remember, and went into the box with purpose in its heart.

Now **replacing** the place of the pencil with you. Always remember them and never forget, and you will become the best person you can be.

One: You will be able to do many great things, but only if you allow yourself to be held in God's hand. And allow other human beings to **access** you for the many gifts you possess.

Two: You will experience a painful sharpening from time to time, by going through various problems in life, but you'll need it to become a stronger person.

Three: You will be able to correct any mistakes you might make.

Four: The most important part of you will always be what's on the inside.

And Five: On every surface you walk through, you must leave your mark. No matter what the situation, you must continue to do your duties.

Allow this **parable** on the pencil to encourage you to know that you are a special person and only you can fulfill the purpose to which you were born to accomplish.

Never allow yourself to get discouraged and think that your life is insignificant and cannot make a change.



铅笔被放入盒子前，铅笔制造商把它拿到一旁。

他告诉铅笔："在我将你送到世界各地前，你要知道五件事，并时刻铭记在心，永远不要忘怀。这样，你才能成为最好的铅笔。

"第一，你能做出许多伟大的事情。前提是，你必须允许别人用手握住你。

"第二，有时，你会体验被削尖的痛楚，但这种经历会让你变得更优秀。

"第三，你要能改正自己可能犯下的任何错误。

"第四，内芯是你身体最重要的部分。

"第五，你必须在被使用的每一个表面留下痕迹。不论在何种情况下，你都得继续写下去。"

铅笔明白了这些道理，并许诺永远铭记。然后，它胸怀这个目标进入了盒子。

现在，换位思考一下，把自己假想为铅笔。永远记住它们，永不忘却，这样你就能成为最出色的人。

第一，你能成就丰功伟业，但你必须允许上帝对你的掌控，并允许他人因觊觎你的天赋而接近你。

第二，你会经历生活中的各种艰难险阻，不时体验磨难的痛苦。但是，你需要它们，这样你才能变得更坚强。

第三，你要能纠正自己可能犯下的任何错误。

第四，内在品质是你的最大财富。

第五，你必须在你所有途经之地，留下足迹。不论何种情况，你都必须尽职尽责。

让这则关于铅笔的寓言来激励你，让你知道自己是独一无二的。你与生俱来的目标，只有你自己才能实现。

永远别让自己气馁，不要认为自己的生命微不足道，且无法改变。

## 词汇笔记

experience [ik'spiriəns] *v.* 经历；体验；感受；遭受

例 The city experienced over 2,000 such incidents last year.
去年，这座城市发生过2000次以上这类事件。

replace [ri'pleis] *v.*（用……）替换；（以……）接替

例 Replace the old with the new.
除旧更新。

access ['ækses] *v.* 接近；进入；使用

例 He is easy to access.
他平易近人。

parable ['pærəbəl] *n.*（圣经中的）寓言故事

例 This parable tells us not to trust strangers.
这则寓言告诫我们，不要相信陌生人。

## 小试身手

你与生俱来的目标，只有你自己才能实现。

译 ____________________

永远别让自己气馁，不要认为自己的生命微不足道，且无法改变。

译 ____________________

## 短语家族

You will experience a painful sharpening **from time to time**, but you'll need it to become a better pencil.

from time to time：有时；不时；偶尔

造 ____________________

You will experience a painful sharpening from time to time, by **going through** various problems in life.

go through：遭受；经历

造 ____________________



# 生命本身就是最美的希望
## Life Is the Best Beautiful Hope

● 佚名 / Anonymous

When I was in the 8th grade in Ohio, a girl named Helen in my class had a terrible accident. As she was running to the bus in order not to miss it, she slipped on some ice and fell under the rear wheels of the bus. She **survived** the accident, but was **paralyzed** from the waist down. I went to see her, in my 13–year–old mind thinking she wouldn't live normally from then on.

Over the years, I moved and didn't think much about Helen after that. Three years ago, in Florida, my oldest son was hit by a car while riding his bike, causing a terrible brain injury. While I was looking after my son, a lady who said she was the hospital's social worker called. It was a **particularly** trying day. I burst into tears for no reason and hung up.

A short time later, a beautiful woman, in a wheelchair, rolled into my son's room with a box of tissues. After 16 years,

I still recognized Helen. She smiled, handed me the tissues and hugged me. I told her who I was, and after we both got through the shock of that, she began to tell me about her life since we last saw each other. She had married, had children and gotten her degree so that she could smooth the path for those less fortunate than her. She told me that if there was anything she could give me, it would be hope.

Looking at this wonderful, giving person, I felt small. But I also felt the first hope I had felt since learning that my son was hurt. From this person that I thought would have no quality of life, I learned that where there is life, there is hope. My son **miraculously** recovered and we moved back north, but I owe Helen a debt that I can never repay.



我在俄亥俄州读八年级时，班上有一个女孩名叫海伦，她遭遇了一场严重的车祸。她怕错过公交车，急匆匆地跑过去时，不慎踩到冰块，滑倒在后车轮下。她幸免于难，但腰部以下瘫痪了。去探望她时，13岁的我想，从此以后，她再也不能正常地生活了。

数年后，我搬了家，也没有再想过海伦。三年前，在佛罗里达州，我的大儿子骑车时被汽车撞倒，脑部受到严重创伤。在我照顾儿子期间，有一位女士打来电话，自称是医院义工。那是最难熬的日子，我毫无来由地失声痛哭，然后挂了电话。

不久，一位坐着轮椅的漂亮女士出现在儿子的病房，她手里拿着纸巾。16年以后，我仍然认出，是海伦。她微笑着，递纸巾给我，拥抱我。我告诉她自己是谁后，我们为此都非常震惊。她

开始告诉我，我们分别后她的生活经历。她结婚生子，并获得了学位。这样，她能为那些比自己更不幸的人点燃前进的希望。她告诉我，现在倘若她有什么可以给我的，那就是“希望”。

看着这位了不起的又乐于奉献的女士，我深感渺小。但是，自从儿子受伤后，我也感受到了第一份希望。这位我曾以为没有生活质量的人让我明白：只要有生命，就有希望。儿子奇迹般地康复了，我们又搬回了北方。但是，我欠海伦的情谊将永远无法偿还。

希望并不是一件奢侈的东西，它不是仅存在顺境中的装饰，而是伴随着我们的生命，从不曾离开。在逆境中，我们常常以为希望离我们而去了，觉得我们陷入了绝望的深渊，却不知希望就像太阳一样，即便我们在阴影下，也不能否认它的存在，只要抬起头，总是能看到阳光。

**词汇笔记**

survive [sə'vaiv] *v.* 幸存；幸免于难；挺过；艰难度过

例 Did anyone survive the explosion?
那次爆炸事故中有人幸免吗？

paralyzed ['pærəlaizd] *adj.* 瘫痪的；麻痹的

例 His left leg was paralyzed.
他左腿瘫痪了。

particularly [pə'tikjuləli] *adv.* 特别；尤其

例 Iron is particularly important.
食物中的铁质尤为重要。

miraculously [mi'rækjʊləsli] *adv.* 神奇地；非凡地；出乎意料地

例 Miraculously he just walked away from the traffic accident.
车祸中，他竟奇迹般地一点儿事也没有。

**小试身手**

她幸免于难，但腰部以下瘫痪了。

译 ____________________________________________

她告诉我，现在倘若她有什么可以给我的，那就是“希望”。

译 ____________________________________________

只要有生命，就有希望。

译 ____________________________________________

**短语家族**

It was a particularly trying day. I **burst into tears** for no reason and hung up.

burst into tears：突然大哭起来

造 ____________________________________________

I **owe** Helen **a debt** that I can never repay.

owe a debt：欠债

造 ____________________________________________



# 假如给我三天光明

## Three Days to See

● 海伦 · 凯勒 / Helen Keller

All of us have read **thrilling** stories in which the hero had only a limited and **specified** time to live. Sometimes it was as long as a year; sometimes as short as twenty-four hours. But always we were interested in discovering just how the doomed man chose to spend his last days or his last hours. I speak, of course, of free men who have a choice, not condemned criminals whose sphere of activities is strictly delimited.

Such stories set us thinking, wondering what we should do under similar circumstances. What events, what experiences, what associations should we crowd into those last hours as mortal beings? What happiness should we find in reviewing the past, what regrets?

Sometimes I have thought it would be an excellent rule to live each day as if we should die tomorrow. Such an attitude would **emphasize** sharply the values of life. We should live each

day with gentleness, a vigor, and a keenness of appreciation which are often lost when time stretches before us in the constant panorama of more days and months and years to come. There are those, of course, who would adopt the Epicurean motto of "Eat, drink, and be merry, " but most people would be chastened by the certainty of impending death.

In stories the doomed hero is usually saved at the last minute by some stroke of fortune, but almost always his sense of values is changed. He becomes more appreciative of the meaning of life and its **permanent** spiritual values. It has often been noted that those who live, or have lived, in the shadow of death bring a mellow sweetness to everything they do.

Most of us, however, take life for granted. We know that one day we must die, but usually we picture that day as far in the future. When we are in buoyant health, death is all but unimaginable. We seldom think of it. The days stretch out in an endless vista. So we go about our petty tasks, hardly aware of our listless attitude toward life.

The same lethargy, I am afraid, characterizes the use of all our faculties and senses. Only the deaf appreciate hearing, only the blind realize the manifold blessings that lie in sight. Particularly does this observation apply to those who have lost sight and hearing in adult life. But those who have never suffered impairment of sight or hearing seldom make the fullest use of these blessed faculties. Their eyes and ears take in all sights and sounds hazily, without concentration and with little appreciation. It is the same old story of not being grateful for what we have until we lose it, of not being conscious of health until we are ill.

I have often thought it would be a blessing if each human being were stricken blind and deaf for a few days at some time during his early adult life.

Darkness would make him more appreciative of sight; silence would teach him the joys of sound.

Now and then I have tested my seeing friends to discover what they see.

Recently I was visited by a very good friend who had just returned from a long walk in the woods, and I asked her what she had observed..."Nothing in particular" she replied. I might have been incredulous had I not been accustomed to such reposes, for long ago I became convinced that the seeing see little.

How was it possible, I asked myself, to walk for an hour through the woods and see nothing worthy of note? I who cannot see find hundreds of things to interest me through mere touch. I feel the delicate symmetry of a leaf. I pass my hands lovingly about the smooth skin of a silver birch, or the rough, shaggy bark of a pine. In the spring I touch the branches of trees hopefully in search of a bud the first sign of awakening nature after her winter's sleep. I feel the delightful, velvety texture of a flower, and discover its remarkable convolutions; and something of the miracle of Nature is revealed to me. Occasionally, if I am very fortunate, I place my hand gently on a small tree and feel the happy quiver of a bird in full song. I am delighted to have the cool waters of a brook rush thought my open finger. To me a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug. To me the page ant of seasons is a thrilling and unending drama,

the action of which streams through my finger tips.

At times my heart cries out with longing to see all these things. If I can get so much pleasure from mere touch, how much more beauty must be revealed by sight. Yet, those who have eyes apparently see little. The panorama of color and action which fills the world is taken for granted. It is human, perhaps, to appreciate little that which we have and to long for that which we have not, but it is a great pity that in the world of light the gift of sight is used only as a mere conveniences rather than as a means of adding fullness to life.

If I were the president of a university I should establish a compulsory course in "How to Use Your Eyes".The professor would try to show his pupils how they could add joy to their lives by really seeing what passes unnoticed before them. He would try to awake their dormant and sluggish faculties.

Perhaps I can best illustrate by imagining what I should most like to see if I were given the use of my eyes, say, for just three days. And while I am imagining, suppose you, too, set your mind to work on the problem of how you would use your own eyes if you had only three more days to see. If with the on–coming darkness of the third night you knew that the sun would never rise for you again, how would you spend those three precious intervening days? What would you most want to let your gaze rest upon?

I, naturally, should want most to see the things which have become dear to me through my years of darkness. You, too, would want to let your eyes rest on the things that have become dear to you so that you could take the memory of them with you into the night that loomed before you.

If, by some miracle, I were granted three seeing days, to be followed by a relapse into darkness, I should divide the period into three parts.

## The First Day

On the first day, I should want to see the people whose kindness and gentleness and companionship have made my life worth living. First I should like to gaze long upon the face of my dear teacher, Mrs.Anne Sullivan Macy, who came to me when I was a child and opened the outer world to me. I should want not merely to see the outline of her face, so that I could cherish it in my memory, but to study that face and find in it the living evidence of the sympathetic tenderness and patience with which she accomplished the difficult task of my education. I should like to see in her eyes that strength of character which has enabled her to stand firm in the face of difficulties, and that compassion for all humanity which she has revealed to me so often.

I do not know what it is to see into the heart of a friend through that "window of the soul", the eye. I can only "see" through my finger tips the outline of a face. I can detect laughter, sorrow, and many other obvious emotions. I know my friends from the feel of their faces. But I cannot really picture their personalities by touch. I know their personalities, of course, through other means, through the thoughts they express to me, through whatever of their actions are revealed to me. But I am denied that deeper understanding of them which I am sure would come through sight of them, through watching their reactions to various expressed thoughts and

circumstances, through noting the immediate and fleeting reactions of their eyes and countenance.

Friends who are near to me I know well, because through the months and years they reveal themselves to me in all their phases; but of casual friends I have only an incomplete impression, an impression gained from a handclasp, from spoken words which I take from their lips with my finger tips, or which they tap into the palm of my hand.

How much easier, how much more satisfying it is for you who can see to grasp quickly the essential qualities of another person by watching the subtleties of expression, the quiver of a muscle, the flutter of a hand. But does it ever occur to you to use your sight to see into the inner nature of a friend or acquaintance? Do not most of you seeing people grasp casually the outward features of a face and let it go at that?

For instance can you describe accurately the faces of five good friends? some of you can, but many cannot. As an experiment, I have questioned husbands of long standing about the color of their wives'eyes, and often they express embarrassed confusion and admit that they do not know. And, incidentally, it is a chronic complaint of wives that their husbands do not notice new dresses, new hats, and changes in household arrangements.

The eyes of seeing persons soon become accustomed to the routine of their surroundings, and they actually see only the startling and spectacular. But even in viewing the most spectacular sights the eyes are lazy. Court records reveal every day how inaccurately "eyewitnesses" see. A given event will be "seen" in several different ways by as many witnesses. Some

see more than others, but few see everything that is within the range of their vision.

Oh, the things that I should see if I had the power of sight for just three days!

The first day would be a busy one. I should call to me all my dear friends and look long into their faces, imprinting upon my mind the outward evidences of the beauty that is within them. I should let my eyes rest, too, on the face of a baby, so that I could catch a vision of the eager, innocent beauty which precedes the individual's consciousness of the conflicts which life develops.

And I should like to look into the loyal, trusting eyes of my dogs—the grave, canny little Scottie, Darkie, and the stalwart, understanding Great Dane Helga, whose warm, tender, and playful friendships are so comforting to me.

On that busy first day I should also view the small simple things of my home. I want to see the warm colors in the rugs under my feet, the pictures on the walls, the intimate trifles that transform a house into home. My eyes would rest respectfully on the books in raised type which I have read, but they would be more eagerly interested in the printed books which seeing people can read, for during the long night of my life the books I have read and those which have been read to me have built themselves into a great shining lighthouse, revealing to me the deepest channels of human life and the human spirit.

In the afternoon of that first seeing day, I should take a long walk in the woods and intoxicate my eyes on the beauties of the world of Nature, trying desperately to absorb in a few hours the vast splendor which is constantly unfolding itself

to those who can see. On the way home from my woodland jaunt my path would lie near a farm so that I might see the patient horses ploughing in the field(perhaps I should see only a tractor!) and the serene content of men living close to the soil. And I should pray for the glory of a colorful sunset.

When dusk had fallen, I should experience the double delight of being able to see by artificial light which the genius of man has created to extend the power of his sight when Nature decrees darkness.

In the night of that first day of sight, I should not be able to sleep, so full would be my mind of the memories of the day.

## The Second Day

The next day—the second day of sight—I should arise with the dawn and see the thrilling miracle by which night is transformed into day. I should behold with awe the magnificent panorama of light with which the sun awakens the sleeping earth.

This day I should devote to a hasty glimpse of the world, past and present. I should want to see the pageant of man's progress, the kaleidoscope of the ages. How can so much be compressed into one day? Through the museums, of course. Often I have visited the New York Museum of Natural History to touch with my hands many of the objects there exhibited, but I have longed to see with my eyes the condensed history of the earth and its inhabitants displayed there animals and the races of men pictured in their native environment; gigantic carcasses of dinosaurs and mastodons which roamed the earth long before man appeared, with his tiny stature and powerful

brain, to conquer the animal kingdom; realistic presentations of the processes of development in animals, in man, and in the implements which man has used to fashion for himself a secure home on this planet; and a thousand and one other aspects of natural history.

I wonder how many readers of this article have viewed this panorama of the face of living things as pictured in that inspiring museum. Many, of course, have not had the opportunity, but I am sure that many who have had the opportunity have not made use of it. There, indeed, is a place to use your eyes. You who see can spend many fruitful days there, but I with my imaginary three days of sight, could only take a hasty glimpse, and pass on.

My next stop would be the Metropolitan Museum of Art, for just as the Museum of Natural History reveals the material aspects of the world, so does the Metropolitan show the myriad facets of the human spirit. Throughout the history of humanity the urge to artistic expression has been almost as powerful as the urge for food, shelter, and procreation. And here, in the vast chambers of the Metropolitan Museum, is unfolded before me the spirit of Egypt, Greece, and Rome, as expressed in their art. I know well through my hands the sculptured gods and goddesses of the ancient Nile–land. I have felt copies of Parthenon friezes, and I have sensed the rhythmic beauty of charging Athenian warriors. Apollos and Venuses and the Winged Victory of Samothrace are friends of my finger tips. The gnarled bearded features of Homer are dear to me, for he, too, knew blindness.

My hands have lingered upon the living marble of roman

sculpture as well as that of later generations. I have passed my hands over a plaster cast of Michelangelo's inspiring and heroic Moses; I have sensed the power of Rodin; I have been awed by the devoted spirit of Gothic wood carving. These arts which can be touched have meaning for me, but even they were meant to be seen rather than felt, and I can only guess at the beauty which remains hidden from me. I can admire the simple lines of a Greek vase, but its figured decorations are lost to me.

So on this, my second day of sight, I should try to probe into the soul of man through this art. The things I knew through touch I should now see. More splendid still, the whole magnificent world of painting would be opened to me, from the Italian Primitives, with their serene religious devotion, to the Moderns, with their feverish visions. I should look deep into the canvases of Raphael, Leonardo, da Vinci, Titian, Rembrandt. I should want to feast my eyes upon the warm colors of Veronese, study the mysteries of E1 Greco, catch a new vision of Nature from Corot. Oh, there is so much rich meaning and beauty in the art of the ages for you who have eyes to see!

Upon my short visit to this temple of art I should not be able to review a fraction of that great world of art which is open to you. I should be able to get only a superficial impression. Artists tell me that for deep and true appreciation of art one must educated the eye. One must learn through experience to weigh the merits of line, of composition, of form and color. If I had eyes, how happily would I embark upon so fascinating a study! Yet I am told that, to many of you who have eyes to see, the world of art is a dark night, unexplored and unilluminated. It would be with extreme reluctance that I should leave the

Metropolitan Museum, which contains the key to beauty—a beauty so neglected. Seeing persons, however, do not need a metropolitan to find this key to beauty. The same key lies waiting in smaller museums, and in books on the shelves of even small libraries. But naturally, in my limited time of imaginary sight, I should choose the place where the key unlocks the greatest treasures in the shortest time.

The evening of my second day of sight I should spend at a theatre or at the movies. Even now I often attend theatrical performances of all sorts, but the action of the play must be spelled into my hand by a companion. But how I should like to see with my own eyes the fascinating figure of Hamlet, or the gusty Falstaff amid colorful Elizabethan trappings! How I should like to follow each movement of the graceful Hamlet, each strut of the hearty Falstaff! And since I could see only one play, I should be confronted by a many–horned dilemma, for there are scores of plays I should want to see. You who have eyes can see any you like. How many of you, I wonder, when you gaze at a play, a movie, or any spectacle, realize and give thanks for the miracle of sight which enables you to enjoy its color, grace, and movement?

I cannot enjoy the beauty of rhythmic movement except in a sphere restricted to the touch of my hands. I can vision only dimly the grace of a Pavlowa, although I know something of the delight of rhythm, for often I can sense the beat of music as it vibrates through the floor. I can well imagine that cadenced motion must be one of the most pleasing sights in the world. I have been able to gather something of this by tracing with my fingers the lines in sculptured marble; if this static grace can be

so lovely, how much more acute must be the thrill of seeing grace in motion.

One of my dearest memories is of the time when Joseph Jefferson allowed me to touch his face and hands as he went through some of the gestures and speeches of his beloved *Rip Van Winkle*. I was able to catch thus a meager glimpse of the world of drama, and I shall never forget the delight of that moment. But, oh, how much I must miss, and how much pleasure you seeing ones can derive from watching and hearing the interplay of speech and movement in the unfolding of a dramatic performance! If I could see only one play, I should know how to picture in my mind the action of a hundred plays which I have read or had transferred to me through the medium of the manual alphabet.

So, through the evening of my second imaginary day of sight, the great figures of dramatic literature would crowd sleep from my eyes.

## The Third Day

The following morning, I should again greet the dawn, anxious to discover new delights, for I am sure that, for those who have eyes which really see, the dawn of each day must be a perpetually new revelation of beauty.

This, according to the terms of my imagined miracle, is to be my third and last day of sight. I shall have no time to waste in regrets or longings; there is too much to see. The first day I devoted to my friends, animate and inanimate. The second revealed to me the history of man and Nature. Today I shall spend in the workaday world of the present, amid the haunts of

men going about the business of life. And where can one find so many activities and conditions of men as in New York? So the city becomes my destination.

I start from my home in the quiet little suburb of Forest Hills, Long Island. Here, surrounded by green lawns, trees, and flowers, are neat little houses, happy with the voices and movements of wives and children, havens of peaceful rest for men who toil in the city. I drive across the lacy structure of steel which spans the East River, and I get a new and startling vision of the power and ingenuity of the mind of man. Busy boasts chug and scurry about the river racy speed boat, stolid, snorting tugs. If I had long days of sight ahead, I should spend many of them watching the delightful activity upon the river.

I look ahead, and before me rise the fantastic towers of New York, a city that seems to have stepped from the pages of a fairy story. What an awe, inspiring sight, these glittering spires. These vast banks of stone and steel–structures such as the gods might build for themselves! This animated picture is a part of the lives of millions of people every day. How many, I wonder, give it so much as a seconds glance? Very few, I fear. Their eyes are blind to this magnificent sight because it is so familiar to them.

I hurry to the top of one of those gigantic structures, the Empire State Building, for there, a short time ago, I "saw" the city below through the eyes of my secretary. I am anxious to compare my fancy with reality. I am sure I should not be disappointed in the panorama spread out before me, for to me it would be a vision of another world.

Now I begin my rounds of the city. First, I stand at a busy

corner, merely looking at people, trying by sight of them to understand something of their live. I see smiles, and I am happy. I see serious determination, and I am proud, I see suffering, and I am compassionate.

I stroll down Fifth Avenue. I throw my eyes out of focus, so that I see no particular object but only a seething kaleidoscope of colors. I am certain that the colors of women's dresses moving in a throng must be a gorgeous spectacle of which I should never tire. But perhaps if I had sight I should be like most other women—too interested in styles and the cut of individual dresses to give much attention to the splendor of color in the mass. And I am convinced, too, that I should become an inveterate window shopper, for it must be a delight to the eye to view the myriad articles of beauty on display.

From Fifth Avenue I make a tour of the city—to Park Avenue, to the slums, to factories, to parks where children play. I take a stay-at-home trip abroad by visiting the foreign quarters. Always my eyes are open wide to all the sights of both happiness and misery so that I may probe deep and add to my understanding of how people work and live. My heart is full of the images of people and things. My eye passes lightly over no single trifle; it strives to touch and hold closely each thing its gaze rests upon. Some sights are pleasant, filling the heart with happiness; but some are miserably pathetic. To these latter I do not shut my eyes, for they, too, are part of life. To close the eye on them is to close the heart and mind.

My third day of sight is drawing to an end. Perhaps there are many serious pursuits to which I should devote the few remaining hours, but I am afraid that on the evening of that last

day I should again run away to the theater, to a hilariously funny play, so that I might appreciate the overtones of comedy in the human spirit.

At midnight my temporary respite from blindness would cease, and permanent night would close in on me again. Naturally in those three short days I should not have seen all I wanted to see. Only when darkness had again descended upon me should I realize how much I had left unseen. But my mind would be so crowded with glorious memories that I should have little time for regrets. Thereafter the touch of every object would bring a glowing memory of how that object looked.

Perhaps this short outline of how I should spend three days of sight does not agree with the program you would set for yourself if you knew that you were about to be stricken blind. I am, however, sure that if you actually faced that fate your eyes would open to things you had never seen before, storing up memories for the long night ahead. You would use your eyes as never before. Everything you saw would become dear to you. Your eyes would touch and embrace every object that came within your range of vision. Then, at last, you would really see, and a new world of beauty would open itself before you.

I who am blind can give one hint to those who see—one admonition to those who would make full use of the gift of sight: Use your eyes as if tomorrow you would be stricken blind. And the same method can be applied to the other senses. Hear the music of voices, the song of a bird, the mighty strains of an orchestra, as if you would be stricken deaf tomorrow. Touch each object you want to touch as if tomorrow your tactile sense would fail. Smell the perfume of flowers, taste with relish

each morsel, as if tomorrow you could never smell and taste again. Make the most of every sense: glory in all the facets of pleasure and beauty which the world reveals to you through the several means of contact which Nature provides. But of all the senses, I am sure that sight must be the most delightful.



我们都读过一些令人兴奋激动的故事，故事中的主人公只能再活一段很有限的时光。有时是一年这么长，有时却只有短短的24小时。但是在探究这个将要离世的人选择怎样度过他最后岁月的问题上，我们都充满兴趣。当然，我说的是有选择权利的自由人，而不是死刑犯。死刑犯的活动范围是受到严格限制的。

这样的故事使我们思索，想知道如果我们自己在相似的情况下，应该做什么？临死之时，什么样的事情、体验、关系应该被放入最后的时光中呢？回忆往昔，什么使我们快乐开心，什么又使我们抱憾呢？

有时，我常这样想，每天活得就像明天就死去一样，这或许是一个非常好的规则。这样的态度可以鲜明地强调生命的价值。我们应该生活得优雅从容，朝气蓬勃，观察敏锐，而这些将会日复一日、月复一月、年复一年慢慢丢失。当然，也有一些人一生只是“吃、喝、享受”，然而，大多数人在得知死亡的确切存在时，都会有所收敛。

在故事中，将死的主人公通常都在最后的时刻由于幸运的突然降临而获救，并且从此以后他的价值观就改变了。他变得更加理解生命的意义及其永恒的精神价值。经常可以看到一些人，即使生活在死亡的阴影下，仍然对他所做的每件事情充满了甜美的感情。

然而，我们中的大多数人认为生活是理所当然的。我们知道总有一天我们要面对死亡，但总认为那一天还在遥远的将来。当我们身强体健时，死亡似乎是不愿想象的，我们很少考虑它。日子多得好像没有尽头。因此，我们一味忙于琐事，却没意识到这样对待生活的态度太盲目。

我担心同样的冷漠也存在于我们对自己所有官能和意识的使用上。只有聋子感激欣赏听力，只有瞎子体会到看见事物的乐趣。这种研究特别适合那些在成年期丧失了视力与听力的人。而那些从未体会过丧失视力和听力之苦的人，很少能充分使用这些美好的官能。他们心不在焉，也不太感兴趣用眼睛和耳朵模糊地看着和听着周围的一切。正如人们不知道珍惜自己拥有的，直到失去了才明白它的价值一样。人们只有在病的时候，才意识到健康的好处。

我经常这样想，如果每个人在他的早期成年生活中有一段时间变瞎变聋了，这将是一件非常好的事情。

黑暗将使他更加感激光明，寂静将告诉他声音的美妙。

我经常测验我那些视力完好的朋友，探究他们看到了什么。

最近，我的一位好友来拜访我，她刚从森林里散步了很长的时间归来，我问她都看到了些什么。“没什么特别的东西。”她回答说。如果不是习惯了这样的回答，那我一定会对此觉得不可思议，因为我早就相信，眼睛是看不到什么东西的。

我问自己，在森林里走了一个多小时，竟然没有看到任何可看的东西，这怎么可能？就连我这个看不见东西的人，只靠触摸都能发现许许多多令我感兴趣的事物。我感到一片叶子的娇嫩与匀称，我充满爱意地抚摸着白桦树银色光滑的外皮，或者松树粗糙的表皮。春天，我满怀希望地抚摸着树枝，寻找着大自然冬眠苏醒后的第一个标志——花蕾。我感觉到花儿那令人愉悦的如天鹅绒般光滑的质感，同时又发现了它那引人注目的卷曲。大自然中千奇百怪的事物就这样展现在我面前。偶尔，如果幸运的话，

我轻轻地将手放在一棵小树上，就能感到小鸟放声歌唱时的快乐的跳跃。我喜欢让清凉的溪水从我张开的指间滑过。就我个人而言，芬芳的松针地毯或轻软的草地要比最奢华的波斯地毯更受我欢迎；对我来说，四季的变迁，就像一场令人激动万分并且没有休止的戏剧，它们的行动像溪水一样流过我的指间。

有时，我在内心呐喊，渴望能看看所有的事物。只是摸一摸就给我带来了如此多的快乐，如果能看到的话，我将发现多少美丽啊！然而，那些视力完好的人很少看见什么。他们认为，世界上千姿百态的行为以及丰富多彩的颜色，是理所当然的事情。这就是人类，很少关注已有的东西，却渴望得到自己没有的东西。然而，在明亮的世界里，将视力的天赋只看做一种方便之举，而不看做充实生活的手段，这是非常可惜的。

如果我是一所大学的校长，我将设这样一门必修课：“怎样利用你的眼睛？”教授应当试着向他的学生揭示，他们可以将新的快乐带入生活，只要他们能真正看清那些他们不曾注意过的事物。教授还应当努力唤醒他们身上那些沉睡懒散的官能。

我可以用想象来很好地描述一下，如果我能重见光明，哪怕只有三天时间，我最想看到什么。而且，我在幻想，假设是你自己，你只有三天多的时间来看这个世界的话，你将怎样利用你的眼睛呢？假如随着第三天黑夜的到来，太阳将永远不会再从你面前升起，你将如何度过这短暂的、宝贵的三天呢？你最有可能将目光停留在什么上面？

很自然的，那些在我的黑暗岁月中对我最亲切的东西是我最想看到的。我想，你也希望将目光停留在那些使你感到最亲切的东西上。这样，你就可以把它化为回忆带进无尽的黑夜中去。

如果靠某种奇迹我能恢复三天光明，然后再回到黑暗里去的话，我将把这三天分为三个阶段。

## 第一天

在第一天，我要看到那些善良的、温和的、友好的人，是他们使我的生活变得有价值。首先，我想长久地凝望我亲爱的教师——安妮·莎莉文·麦西夫人的脸。当我还是孩子的时候，她就来到我家，给我打开了外面的世界。为了将她珍藏在我的记忆中，我不仅要看她脸部的轮廓，还要仔细研究那张脸，找出同情的温柔和耐心的活生生的例子，她就是靠这些完成了教育我的困难任务。我想从她的眼睛里，看出使她能坚定地面对困难的坚强个性和她经常向我展露出的对于人类的同情心。

我不知道怎样通过“心灵的窗户”——眼睛去探索一个朋友的内心世界。我只能通过指尖，“看到”一张脸的轮廓。我能感觉到高兴、悲伤和许多其他明显的情感。通过触摸他们的脸，我可以了解我的朋友们。但是，我无法通过触摸来明确说出他们的个人特征来。当然可以通过其他方法，例如通过他们对我表达的思想，通过他们对我显示的一切行为，来探究他们的个性。但是，我不认为对他们能有更深的了解，只能通过亲眼见到他们，亲眼看见他们对各种思想和环境的反应，亲眼看到他们的眼神和表情即时瞬间的反应来实现。

对于我身边的朋友，我很了解，因为，经过多年的交往，他们已向我显示了自己的各个方面。但是，对于那些偶然遇到的朋友，我只有一个不完整的印象，这个印象还是从一次握手，我用手指触摸他们的嘴唇，或他们拍我的手掌的暗语中得到的。

而对于视力完好的你们来说，这就容易得多，并且也比较令人满意。你们只要观察他表情的微妙变化、肌肉的颤动、手的摇晃，就可以迅速地抓住这人的基本个性。然而，你曾经想过用你的眼睛刺探一个朋友或是熟人的内在本质吗？你们那些视力完好的大多数人只是随便看看一张脸的轮廓，并且到此为止，这难道不是事实吗？

举个例子，你能准确地描绘出五个好朋友的面貌吗？有些

人可以做到，但多数人是做不到的。根据一个试验，我问过许多结婚几年的丈夫，他们妻子的眼睛是什么颜色的？他们通常很尴尬，也很困惑，老实承认自己确实不知道。顺便提一句，妻子们大多抱怨他们的丈夫不注意新衣服、新帽子和房间布置的改变。

正常的人们很快就会习惯他们周围的环境，事实上他们只注意奇迹和壮观景象。然而，即使在看最壮观的景色时，他们的眼睛也是懒惰的。法庭的记录每天都表明“目击证人”看到的是多么不准确。不同的证人可以从不同的角度来看同一事件。有些人可以看得更多些，但很少有人能将自己视力范围内的每件事情都收入眼底。

啊，如果我有三天光明的话，我该看些什么东西呢？

第一天将是很繁忙的一天。我要把所有的好朋友都叫来，好好端详他们的面容，将他们外貌下的内在美深深地刻在我的脑海里。我还要看一个婴儿的面孔，这样我就能欣赏到一种充满渴望、天真无邪的美，它是一种没有经历过生活斗争的美。

我还应该看看我那群忠诚的值得信赖的狗的眼睛——严肃而机警的小斯科第·达基和那高大健壮而又善解人意的大戴恩·海尔加，它们热情、温柔而淘气的友谊使我感到惬意。

在那紧张的第一天里，我还要仔细观察我家里那些简朴的小东西。看看脚下地毯那热情奔放的颜色，墙上美丽的壁画和那些把一所房屋变成一个家的熟悉的小东西。我会充满敬意地凝视我所读过的那些盲文书，不过，我将更热切地盼望看到那些供正常人读的印刷书籍。因为在我那漫长的黑夜生活里，我读过的以及别人读给我听的书已经在我面前筑成一座伟大光明的灯塔，向我揭示人类生命和人类精神的最深源泉。

在恢复光明的第一天下午，我将在森林里进行一次长时间的散步，让自己的眼睛陶醉在自然界的美丽风景中，我将在这有限的几小时内，如痴如醉地享受那永远只向视力正常的人展露的壮观美景。在结束森林散步返回家的路旁如果有一个农场，我便能

看到耐心的马儿在田间犁地（也许我只能看到拖拉机了）和那些依靠土地生存的人宁静满足的生活。我还要为绚丽多彩而又壮观辉煌的日落祈祷。

当夜幕降临之后，通过人类天才发明的人造灯光，我应该体会到双重的快乐。这是当大自然的黑夜来临时，人类为增强自己的视力而发明的。

在恢复光明的第一天夜里，我不可能睡着，脑海里满是对白天的回忆。

## 第二天

翌日——也就是恢复光明的第二天，我将黎明即起，看那由黑夜变成白天的激动人心的奇观。我将怀着敬畏的心情去观赏那壮观莫测的变幻景象，太阳正是用它唤醒了沉睡的大地。

我想利用这一天对整个世界的历程作一瞥。我想看看人类进步的壮观景象以及历史的沧桑巨变。如此多的东西怎样才能压缩到一天内看完呢？当然，这只能通过历史博物馆了。我经常参观纽约自然历史博物馆，用手触摸过那里展出的许多物品。但是，我多么渴望能用自己的眼睛看一看这经过浓缩的地球历史，以及陈列在那里的地球居民——各种动物以及处于本土环境对不同种族的描摹；看看恐龙巨大的骨架和早在人类出现以前就漫游在地球上的柱牙象，人类就是靠渺小的身躯和发达的大脑征服了动物王国；看看那些展现动物和人类进化过程的逼真画面，和人类用来为自己在这个星球上建造安全居所的那些工具；还有自然历史中许许多多其他方面的东西。

我怀疑有多少本文读者曾仔细观察过在那个激动人心的博物馆里展出的那些栩栩如生的展品的全貌。当然，许多人可能没有这样的机会。不过，我敢肯定，许多有这种机会的人却没有好好地善用它。那儿确实是一个用眼的好地方。视力正常的人们可以在那里度过无数个充实的日子。而在我的想象中，短短的三天光

明，只能匆匆一瞥便得离去。

我的下一站将是大都会艺术博物馆。就像自然历史博物馆向我们揭示世界的物质方面一样，大都会艺术博物馆将展现出人类精神的各个侧面。在人类历史中，对艺术表达方法的渴望几乎和人类对于食物、住房、生育的热望同等强烈。在这里，在大都会博物馆的巨型大厅里，埃及、希腊、罗马的精神思想通过他们的艺术表达出来。通过我双手的触摸，我很熟悉古埃及男女诸神的雕像，能感觉到复制的巴特农神庙的中楣，也能感觉出还在发起进攻的雅典武士那种节奏美。阿波罗、维纳斯以及萨摩德拉斯岛的胜利女神都是我指尖的朋友。多瘤而又蓄有长须的荷马让我感觉尤为亲切。因为他了解盲人。

我的手曾逗留在罗马时代以及更晚期的那些栩栩如生的大理石雕塑上，我的手曾经抚摸过米开朗琪罗那激动人心的石膏像英雄摩西，我也能感知到罗丹的才能，对哥特式木刻的奉献精神深感敬佩。这些能用手触摸的艺术品，我能理解它们的意义，而那些只能看到不能摸到的东西，我只能通过猜测来领悟那一直远避我的美。我可以欣赏希腊花瓶那简朴的线条，然而，它的图案装饰我无法得知。

就这样，在我恢复光明的第二天，我就试图通过艺术去刺探人类的灵魂。通过触摸可以了解的东西，现在可以用眼睛来看了。宏伟而又壮观的绘画世界将在我的面前展开，从带有宁静宗教风险色彩的意大利原始艺术到具有狂热想象意味的现代派艺术。我要细细观察拉斐尔、列奥纳多·达·芬奇、提香、伦勃朗的油画，也想让眼睛享受一下委罗涅塞那绚丽的色彩，研究一下埃尔·格里柯的神秘，并从柯罗那里体会自然的新意。啊，这么多世纪以来的艺术，为视力正常的人们提供了多少绚丽的美和深广的意义啊！

凭着对艺术圣殿的短暂造访，我不可能把只向你们打开的伟大艺术世界里的每个部分都考虑得很清楚，我得到的只能是一个

表面肤浅的印象。艺术家们告诉我，如果想真实而深刻地评价艺术，就必须培养自己的眼睛，一个人必须从品评线条、构图、形式和色彩的经历中去学习。如果我能看见东西的话，我是多么乐意去着手这件令人着迷的研究啊！然而我被告知，对于你们大多数视力正常者来说，艺术世界是一个沉沉的黑夜，无法探索也难以找到光明。我无可奈何，不情愿地离开大都会博物馆，那儿收藏着发现美的钥匙——这种美已经被人们所忽略。然而，视力正常的人并不需要从大都会博物馆里去寻找发现美的钥匙。人们在较小的博物馆里，甚至在那些小图书馆书架上的书本里也能找到同样的钥匙。当然了，在我想象中能看见东西的有限时光里，我将选择这样一个地方，在那里发现美的钥匙可以在最短的时间内打开最伟大的宝库。

第二个恢复光明的夜晚，我想去戏院看一场电影。虽然我现在经常出席各种戏剧表演，可剧情得让一位陪同人员拼写在我的手上。我多想用自己的眼睛看一看哈姆雷特那迷人的形象，或者穿梭于绚丽多彩的伊丽莎白式服装的人物之中的福斯塔夫。我多么想模仿优雅的哈姆雷特的每一个动作和健壮的福斯塔夫的每一次昂首阔步。因为我只能看一场戏，这使我进退两难，但是我想看的戏实在太多了。你们视力正常的人可以看你们想看的任何戏，不过，我怀疑你们之中究竟有多少人在全神贯注于一场戏、一部电影或别的壮观景象的时候，是否意识到并感激那让你享受其色彩、优美和动作的视力的奇迹呢？

除了在触摸的有限范围内，我无法享受节奏感动作的美。尽管我明白节奏欢快的奥妙，因为我经常通过地板的颤动去感受音乐的节拍，但是我也只能模糊地领略帕芙洛娃的魅力。我可以想象出那富于节奏感的动作，一定是世间最赏心悦目的奇景之一。我可以通过手指去触摸大理石雕像的线条来感悟这一点。如果静止的美可以如此可爱，那么看到运动中的美肯定更令人振奋和激动！

我最深切的回忆之一是在排练可爱的《瑞普·凡·温克

尔》，约瑟夫·杰斐逊做着动作讲着台词的时候，他允许我触摸他的脸和手。这使我对戏剧世界有了贫乏的一瞥，我将永远不会忘记那一刻的兴奋和欢乐。但是，我肯定还遗漏了许多东西。你们视力正常的人能从戏剧表演中通过看动作和听台词获得多么高的享受啊。就算我只能看一场戏，我也能明白我读过或通过手语字母而进入我脑海的一百场戏的情节。

所以，我想象中恢复光明的第二天的夜晚，戏剧文学中的许多伟大形象将挤进我的梦想。

## 第三天

第三天的清晨，我将再次去迎接那初升的旭日，希望发现新的欢乐。因为我确信，那些视力正常的人肯定会发现，每个黎明都充满了千姿百态、变幻无穷的美。

根据我想象中奇迹的日期，这是我恢复光明的第三天，也是最后一天。我没有时间去遗憾或渴望了，那儿有太多的东西要去看。我把第一天给了我的朋友，给了那些有生命和没有生命的人间万物；第二天展现在我面前的，是人类和自然的历史。今天我要在现实世界里，在从事日常生活的人们中间度过。除了纽约，你还能在别的什么地方发现人类这么多的活动和这样纷繁的情景呢？于是，纽约成为我的目的地。

我从位于静谧的长岛森林山郊区的家中出发。许多整洁的小屋在绿地、树木、鲜花的拥抱中，四周回荡着妇女儿童说笑走动的欢乐声音，这里真是城市劳动者安静的休息之所。当我驱车穿越横跨东河的钢式网状桥时，感觉到了新的激动，感受到人类内心的智慧和力量。河上千帆竞发、百舸争流。如果我以前能看见东西的话，我将用很多时间来欣赏河上的热闹活动。

举目前望，面前耸立着奇异的纽约塔，这城市就像是从神话故事的书页中跳出来似的。这是多么令人激动敬畏的奇景啊！这些闪闪发光的尖塔，这些钢和石块构筑的巨大堤岸，就像神为

自己修建的一样。这幅有生气的画卷是千百万人每日生活的一部分，我担心很少有人能够注意这些。他们的眼睛经常无视这些壮丽景观的存在，因为他们对这些已经太熟悉了。

我匆匆忙忙登上那些大型建筑之一——帝国大厦的顶层，就在不久前，我在那里通过秘书的眼睛“看到”了脚下的城市。我急于把我的想象和真实世界作一次比较。我坚信展现在我面前的这幅画卷绝不会使我失望，因为对于我来说它将是另一个世界的景况。

现在我开始周游这个城市。首先我站在繁忙的一隅，只是看来往的人群，试着从观察中去了解他们生活中的一些东西。看到他们微笑，我也开心；看到他们如此果断，我感到骄傲；看到他们遭受痛苦，我深感同情。

我漫游到第五大道，将视野从聚精会神的注视中解放出来，以便不留意特殊的事物而只看一看瞬息万变的色彩。我相信人流中妇女衣着的色彩，肯定是我最看不厌的灿烂奇观。不过，假如我能看见的话，可能我也会像大多数妇女一样，过分地注重服装的个性化风格和个性化的剪裁式样，而忽略宏观色彩的壮美。我还确信我会变成一个橱窗前的常客，因为观看橱窗中五光十色的美丽商品一定会令眼睛愉悦。

从第五大道开始游览整个城市——我要到花园大街去，到贫民区去，到工厂去，到孩子们嬉戏的公园去。通过访问外国居民，我作了一次不离本土的境外旅行。对于开心和伤痛等一切东西，我都睁大眼睛去关心，以便能深刻探索和进一步了解人们是如何工作和生活的。我的心里充满了对人和物的想象，我的目光将轻轻地滑过但不漏下任何一个细小的东西，它力图紧紧抓住它所凝视的每一件事物。有些场景是令人愉快的，内心充满了喜悦，可有些情景使我感到悲哀和忧郁。我不会对后者闭上眼睛，因为它们也是生活的一部分，对它们闭上眼睛就等于关闭了心灵，禁锢了思想。

我恢复光明的第三天就要结束了，可能我应该把这剩下的几小时用于许多重要的探索上，可是我担心在这最后一夜，我会再次跑到剧院去看一出狂喜的滑稽戏，以便能欣赏人类精神世界里喜剧的弦外之音。

到午夜，刚刚从盲人痛苦中得到的临时解脱就要结束了，永久的黑暗将重新回到我的身边。很自然短暂的三天时间，不可能让我看完我要看的全部事物，只有当黑暗重新降临在我的身上时，我才会感到我没有看到的东西实在太多了。不过，我的脑海中已经充满了那壮丽景色的回忆，很少有时间去遗憾。今后无论摸到什么物体，都会给我带来它是什么形状的鲜明回忆。

如果有朝一日你也将变成一个盲人的话，你或许对我这如何度过三天可见时光的简短提纲提出异议，并作出自己的安排。但是，我相信，如果你真的面临如此命运的话，你的眼睛将会向以前从不注意的事物睁开，为即将到来的漫漫黑夜储存记忆。你将会一反常态地去利用自己的眼睛，你所看到的东西都是那么的亲切，你的目光将捕捉和拥抱任何你视野所及的东西，最后你会真正看到一个美丽的新世界在你面前打开。

我作为一个盲人，给你们视力正常的人们一个暗示，给那些充分利用眼睛的人提一个忠告：好好使用你的眼睛，就好像明天你就会突然变瞎。这样的办法也可使用于别的官能。认真地去聆听各种声响、鸟儿的鸣唱、管弦乐队铿锵的旋律，就好像你明天有可能变成聋子。去抚摸你想触及的那一切吧，就像明天你的触觉神经就要失灵一样；去嗅闻所有鲜花的芬芳，品尝每一口食物的滋味吧，如同明天你就再也不能闻也不能尝一样。充分发挥每一种官能的最大作用，为这个世界向你展示的多种多样的欢乐和美而高兴吧，这些美是通过大自然提供的各种接触的途径所获得的。不过在所有的官能中，我敢保证视力是最令人兴奋和高兴的。

**词汇笔记**

thrilling ['θriliŋ] *adj.* 令人兴奋的；毛骨悚然的

例 This memory is so thrilling to me that it reads to me like myth sometimes.
至今这种回忆仍然使我激动不已，有时它使我感到像是神话一般。

specified ['spesifaid] *adj.* 指定的；规定的

例 We will ship the goods at or before specified target date.
我们会按指定的日期按时或提前装船。

emphasize ['emfəsaiz] *v.* 强调；使突出；使明显

例 We cannot emphasize the importance of diligence too much.
我们再怎么强调勤奋的重要性也不为过。

permanent ['pə:mənənt] *adj.* 永久的；持久的

例 She is looking for permanent employment.
她正在找固定的工作。

**小试身手**

正如人们不知道珍惜自己拥有的，直到失去了才明白它的价值一样。人们只有在病的时候，才意识到健康的好处。

译 ______________________________

黑暗将使他更加感激光明，寂静将告诉他声音的美妙。

译 ______________________________

我想利用这一天对整个世界的历程作一瞥。

译 ______________________________

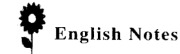
**短语家族**

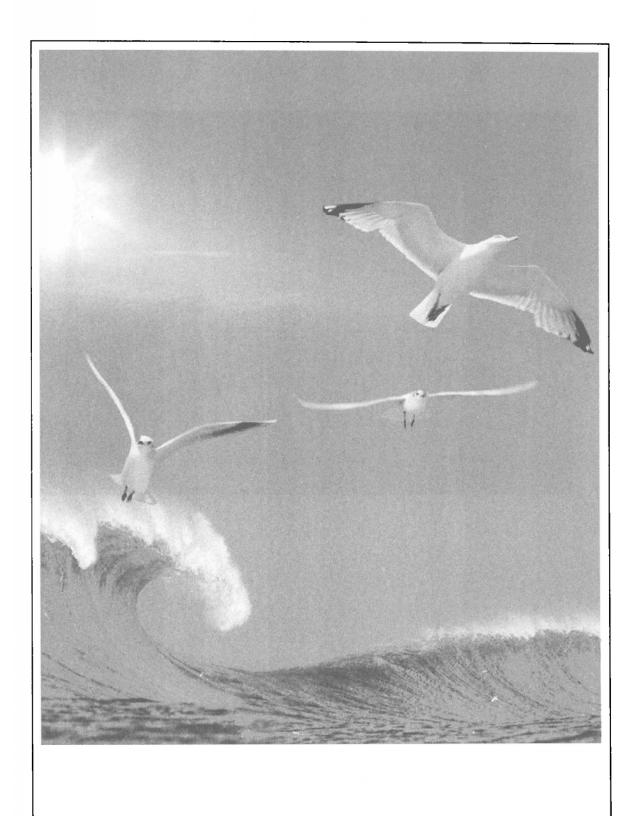
Most of us, however, **take** life **for granted**.
take for granted：认为……理所当然

造 ______________________________

The days **stretch out** in an endless vista.
stretch out：延伸；绵延

造 ______________________________


English Notes



每一次失败都增加了成功的胜算，每一次否定都是肯定的砝码，每一次失败都是成功的前奏，每一次不幸都预示着明天的好运。



与其为未来或过去的问题而忧心忡忡，

不如试着这样去做。

先将你想要完成的事置诸脑后。

为在日后的生活中，

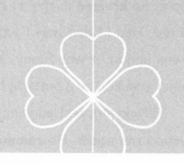
为机遇作好准备，

并确保这些事情能够完成。

# 第二卷

## 不要让教训再次重复

A Lesson Is Repeated until Learned





# 我在森林遭遇蝴蝶袭击

## Attacked by a Butterfly

● 佚名 / Anonymous

Walking down a path through the forest, I saw a water puddle ahead on the path. I angled my direction to go around it on the part of the path that wasn't covered by water and mud. As I reached the puddle, I was suddenly attacked! Yet I did nothing for the attack was so **unpredictable** and from a source so totally unexpected. I was **startled** as well as unhurt, despite having been struck four or five times already. I backed up a foot and my attacker stopped attacking me. Instead of attacking more, he **hovered** in the air on graceful butterfly wings in front of me. Had I been hurt I wouldn't have found it amusing, but I was unhurt, it was funny, and I was laughing. After all, I was being attacked by a butterfly!

Having stopped laughing, I took a step forward. My attacker rushed me again. He **rammed** me in the chest with his head

and body, striking me over and over again with all his might, still to no avail. For a second time, I retreated a step while my attacker relented in his attack. Yet again, I tried moving forward. My attacker charged me again. I was rammed in the chest over and over again. I wasn't sure what to do, other than to retreat a third time. After all, it's just not everyday that one is attacked by a butterfly. This time, though, I stepped back several paces to look the situation over. My attacker moved back as well to land on the ground. That's when I discovered why my attacker was charging me only moments earlier. He had a mate and she was dying. She was beside the puddle where he landed.

Sitting close beside her, he opened and closed his wings as if to fan her. I could only admire the love and courage of that butterfly in his concern for his mate. He had taken it upon himself to attack me for his mate's sake, even though she was clearly dying and I was so large. He did so just to give her those extra few precious moments of life, should I have been careless enough to step on her. Now I knew why and what he was fighting for. There was really only one option left for me. I carefully made my way around the puddle to the other side of the path, though it was only inches wide and extremely muddy. His courage in attacking something thousands of times larger and heavier than himself just for his mate's safety justified it. I couldn't do anything other than reward him by walking on the more difficult side of the puddle. He had truly earned those moments to be with her, undisturbed.

I left them in peace for those last few moments, cleaning the mud from my boots when I later reached my car.

Since then, I've always tried to remember the courage of

that butterfly whenever I see huge obstacles facing me. I use that butterfly's courage as an inspiration and to remind myself that good things are worth fighting for.



我穿过一片森林，沿着一条小路往前走时，看到前面的路上有一个水坑。我转变方向，绕开它，走到路面上没有被水和泥浆覆盖的那边。当我刚走近水坑时，突然遭到了攻击。当然，对于这种攻击，我不予理会，可它太出乎人的意料，发起者也完全料想不到。我十分震惊，尽管已经被袭击了四五次，但我未受到任何伤害。我往后退了一步，攻击者也停止了袭击，在我面前优雅地飞舞着，在空中盘旋，不再向我进攻了。如果我受到了伤害，就不会觉得它很有趣了，但我没有，真可爱，我笑起来。毕竟，袭击我的是一只蝴蝶。

笑过后，我往前走了一步，攻击者又向我冲过来了，它竭尽全力地撞我的胸膛，用头和身体一次又一次地发起进攻，仍然是白费力气。我又后退了一步，攻击者的袭击也减弱了。然而，当我再次试着往前移动时，攻击者的反应又强烈了，我的胸膛又反复地受到了冲撞。我不知如何是好，只能第三次地退了回来。毕竟，受到蝴蝶的攻击不是谁都能每天碰得到的。这次我后退了好几步，查看情形。我的攻击者也向后移动，落在地上。这时，我发现它刚才袭击我的原因了。它有一个濒临死亡的伴侣，就在它落下来的水坑旁。

它紧紧依偎在伴侣的身边，翅膀一张一翕，好像是在为伴侣扇风。蝴蝶对伴侣的关心所体现出来的爱和勇气，实在令我钦佩。为了它的伴侣，尽管伴侣显然即将死亡，而我又如此庞大，它仍担当起保护的重任——来袭击我。它这样做，只是为了让伴

侣在弥留之际，度过最后片刻的宝贵时光，我又怎能如此粗心，差点儿踩到它的伴侣呢！现在，我明白它战斗的原因和目的了，我的选择只有一个，我小心地围着水坑，绕到路面的另一边。尽管它仅仅一英尺宽，且特别泥泞。为了伴侣的安全，它敢于对比自身庞大、沉重上千倍的对手发起攻击，就证明了其行为的正当。我除了走到水坑更泥泞的一面，以此作为奖赏之外，实在是无能为力了。它的确赢得了与伴侣相伴的片刻安宁。

为了这最后的时刻，我安静地离开了它们。后来，我走到车旁，擦掉了靴子上的泥。

从那以后，不论何时，当我面临巨大的阻碍，总会想起那只蝴蝶所表现出来的勇气。它给了我一种启示，并时刻提醒我：美好的东西，我们值得为之而战。

小小的蝴蝶为了爱侣最后的安宁，勇敢地向比自己大数千倍的对手发起进攻，这需要怎样的勇气啊？假如在前进的路上，面对遥远的目标，你还在为路途遥远而畏葸不前，那么扪心自问，难道自己还比不上一只蝴蝶吗？

**词汇笔记**

unpredictable [ˌʌnpriˈdiktəbəl] *adj.* 无法预言的；不可预测的

例 There were so many unpredictable fluctuations on the Stock Exchange.
股票市场瞬息万变。

startled [ˈstɑːtld] *adj.* 受惊吓的

例 I was startled to hear his news.
我听到他的消息大吃一惊。

hover [ˈhɔvə] *v.* （鸟、直升机等）翱翔；盘旋

例 The bees forget to sip their honey; drunken with light they foolishly hover and hum.
蜜蜂忘记吮吸花蜜，它们愚笨地盘旋着，嗡嗡地唱着，陶醉于光明中。

ram [ræm] *v.* 猛撞；撞击

例 A truck rammed a motorbike.
一辆卡车撞了一辆摩托车。

**小试身手**

它紧紧偎依在伴侣的身边，翅膀一张一翕，好像是在为伴侣扇风。

译 ______________________________

它的确赢得了与伴侣相伴的片刻安宁。

译 ______________________________

从那以后，不论何时，当我面临巨大的阻碍，总会想起那只蝴蝶所表现出来的勇气。它给了我一种启示，并时刻提醒我：美好的东西，我们值得为之而战。

译 ______________________________

**短语家族**

**After all**, I was being attacked by a butterfly!

after all：毕竟；终究

造 ______________________________

Having stopped laughing, I **took a step forward**.

take a step forward：向前一步

造 ______________________________



# 坚强有力的支持
## Support

● 佚名 / Anonymous

*There are two ways of spreading light: to be the candle or the mirror that reflect it.*

*Wharton*

You support someone when you willingly step forward to help him through a challenging time. Yet the great irony is that when you support others, you are also, in fact, supporting yourself. When you withhold support from others, it is usually an indicator that you are also withholding support from yourself.

We are most often called upon to support others in friendship. One of my acquaintances, Donna, told me a story recently that clearly **illustrates** the magic of support and its **potential** as an emotional mirror.

Several years ago, Donna had been feeling very depressed. She had just broken up with her boyfriend of two years, and

she was having a very difficult time accepting the loss. She had been laid up with a knee injury for several days, and the time alone at home certainly was not helping. Her misery was only **compounded** by her frustration at herself for not being able to pull it together and stop crying all the time.

Early one morning, Donna received a phone call with some terrible news: her best friend's brother had been killed in a car accident. Donna had known this friend, Mary, and her brother nearly her entire life, and the news was **devastating**. However, Donna quickly pulled herself together, got in the car, and drove to her friend's house to be there with her.

Over the course of the next few days, amidst the haze of the funeral and hundreds of visitors, Donna was 100 percent present for Mary. She held her close while she cried endless tears, sat by her side as the waves of grief washed over her friend, and slept on the floor next to Mary's bed to make sure she did not wake up alone in the middle of the night. During that time she hardly felt any pain in her knee at all and none of the depression she had been experiencing.

Several weeks later, when life began to return to normal, Donna realized that the level of support she had given Mary far exceeded any support she had offered herself during her dark time. She was able to use the support she had given her friend as a mirror for the support she had been withholding from herself. She realized that her own tears required as much attention and nurturing from her as anyone else's, and that if she could give it to another, she must be able to also give it to herself...

So, when you find yourself unable to support someone

else, look within and see if perhaps there is something within yourself that you are not supporting. Conversely, when you give complete support to others, it will mirror those places within you that require the same level of attention.



**传播光明的方法有两种：要么做一根蜡烛，要么做一面镜子去反射它的光芒。**

——沃顿

他人身处困境时，你主动帮他渡过难关，你就是在支持他。或许你不会想到，你帮助他人的同时，也是在帮你自己。拒绝对他人施以援手，其实也是拒绝帮助自己。

朋友之间最需要相互支持。前几天，我的一位熟人唐娜给我讲述了一个故事，故事清楚地阐明了支持的魔力及其作为情感之镜的潜在效应。

几年前，唐娜一度委靡不振。那时，她和相恋两年的男朋友刚刚分手，这让她难以承受。接着，她又因膝盖受伤卧床数日，当然，孤独在家的日子，对她的身心毫无益处。她无法控制这种局面，因而痛苦不堪，整天懊恼、伤心、泪流满面。

一天清晨，唐娜接到她最好的朋友玛丽的一个电话，玛丽的弟弟在一场车祸中死去了。这一噩耗让唐娜悲恸万分。要知道，唐娜与他们有着多年的交情，算得上是一辈子的朋友。唐娜很快振作起来，立刻驱车前往玛丽家陪她。

出事后的几天里，在张罗玛丽弟弟的葬礼和接待吊唁者期间，唐娜总是陪在玛丽身旁，寸步不离。玛丽痛不欲生时，唐娜紧搂着她；玛丽悲伤万分、痛苦不堪时，唐娜给她以慰藉；为了

不让玛丽在半夜惊醒后独自黯然神伤，唐娜就睡在她床边的地板上。那段时间里，唐娜全然忘记了膝盖的疼痛，心中的伤痛也沉寂下来。

之后几周，一切都回归常态。这时，唐娜才意识到，在这段阴暗的日子，她给予朋友的支持远多于给自己的，她几乎没有主动帮自己摆脱困境。她觉得自己同样也需要他人的关爱与支持。并且，她能给别人关爱和支持，就一定能给自己。

所以，当你发现自己无法给予他人关怀时，仔细审视自己吧，看自己是否有某些地方拒绝得到支持。反过来，如果你能全心全意地关怀他人，你就会发现，这些地方你也同样需要关爱。

爱是需要相互传递的。只有在别人身处困境时，你慷慨地付出爱，在你身处困境时，才可能及时得到爱，而不管这爱来自蜡烛本身，还是镜子反射的烛光，都足以使你安然度过那段煎熬岁月。

**词汇笔记**

illustrate ['iləstreit] *v.* 说明；阐明；表明

例 We use illustrations to illustrate this problem.

我们使用图解来说明问题。

potential [pə'tenʃəl] *adj.* 潜在的；有可能的

例 Before implementing this sale project, we must be sure the potential of the market.

在实施此项销售计划之前，我们必须先试探一下目标市场的潜力。

compound ['kɔmpaund] *v.* 使混合；使严重；使恶化；使加重

例 The heavy rain compounded the trouble of the lost hikers.

大雨增加了迷路的徒步旅行者们的困难。

devastating ['devəsteitiŋ] *adj.* 毁灭性的；令人震惊的

例 Their impact on the indigenous population was devastating.

他们给土著居民带来毁坏性影响。

**小试身手**

或许你不会想到，你帮助他人的同时，也是在帮你自己。

译 ________________________________

当你发现自己无法给予他人关怀时，仔细审视自己吧，看自己是否有某些地方拒绝得到支持。

译 ________________________________

反过来，如果你能全心全意地关怀他人，你就会发现，这些地方你也同样需要关爱。

译 ________________________________

**短语家族**

She had just **broken up with** her boyfriend of two years.

break up with：跟……分手；与……断绝关系

造 ________________________________

Several weeks later, when life began to **return to normal**.

return to normal：恢复正常

造 ________________________________



# 痛苦伴随你成长
## Pain and Growth

● 佚名 / Anonymous

Looking back over my life, it seems to me that I have learned the most when I felt the greatest pain. My mother' s death, for example, made me more **profoundly** aware of the beauty in nature. My capacity for finding joy in the most ordinary events (watching a flower open, leaves turning red, a bird taking a bath) seems to deepen each time I live through great sorrow. Death makes life more precious; frustration makes success more fulfilling; failure makes the next accomplishment more meaningful.

In order to feel deeply it is necessary to feel everything. It is impossible to choose. You can' t really know how great is your sense of joy at a baby' s birth or your **satisfaction** at succeeding at a hard job unless you are also deeply aware of the **anguish** of separation and the pain of failure. It' s through the capacity to feel that we discover ourselves and others and

explore the potential for a full, significant life.

This is an especially **crucial** issue for parents. Our natural inclination is to try to protect children from pain. We have the mistaken notion that if a child is happy we are doing a good job; if a child is sad we are failing as parents. But giving children the message that happiness is good and sadness is terrible decreases their capacity to explore the full range of human experiences.

Children need to understand that suffering, frustration and failure are not only inevitable but helpful. The parent who took a simple puzzle away from a four-year-old—because "he gets too upset and frustrated when he can' t get it right immediately"—did the child a great disservice. Children need to experience such feelings as they grow up; it helps them to develop the patience, persistence and ability to cope with what they' ll need when a scientific experiment fails, or a low grade is received after diligent study. There is nothing so terrible about failing and feeling pain; what hurts in the long run is not trying because of the fear of pain.



回顾我的一生，似乎那些让我觉得最受伤的事情给了我最多的启示。比如，母亲的死让我更深刻地感知了自然中的美丽。每一次我从极大的悲痛中挣扎出来，似乎我在最寻常的事物（赏花开、观叶红、看鸟浴）中发现欢乐的能力就会增强。死亡让生命更加珍贵，挫折让成功更加完美，而失败也让下一次的成功意义更加深刻。

要感受深刻，就需用心去感知一切。除此之外，别无选择。除非你深深地理解分娩的疼痛，否则你不会真正领悟新生命诞生的极大喜悦；除非你深深地理解失败的痛苦，否则你就不能真正地领悟完成艰巨任务后的满足感。我们用这种感知的能力，去发现和探索自己和他人完整而意义重大的人生。

这是父母一个特别的、至关重要的课题。保护孩子不受伤害，这是做父母的天性。我们错误地认为，如果孩子幸福，父母就做得称职；如果孩子不幸福，那么父母就做得很失败。但是，父母给孩子的这种信号——幸福就是好，悲伤就是糟糕，降低了孩子探索全部人生阅历的能力。

孩子们需要懂得苦难、挫折、失败，这不仅仅是不可避免的，也是有益的。父母从四岁孩子的手中拿走他的智力玩具，因为“当他不能快速而准确地做好时，他就会灰心丧气”，这会给孩子造成极大的伤害。在孩子的成长过程中，他需要去感受这种经历，这有助于孩子的耐性、毅力和能力的培养，这正是他们当科学实验失败时，用艰苦的努力换来低回报时所需要的品质。经受失败和感受痛苦并不可怕；在人生的长跑中，真正的痛苦是因害怕痛苦而拒绝尝试。

**假如人生没有痛苦，谁都不会关注它，我们关注痛苦，是因为它无法回避，而更多的时候，我们总是与它不期而遇，措手不及。迎战是最好的防守。如果我们学会去理解现实中的痛苦，并坦然面对它，试着去克服，那么就可以到达幸福的彼岸。这既是一种积极的生活态度，更是一种人生智慧。**

**词汇笔记**

profoundly [prəˈfaʊndli] *adv.* 深深地；深切地；深刻地；极度地

例 This article analyzed the world situation profoundly.

这篇文章深刻地分析了世界形势。

satisfaction [ˌsætisˈfækʃən] *n.* 满意；欣慰；令人满意的事

例 She rejects the stereotype that women can only find their true satisfaction in being mothers.

她拒绝接受这种陈词滥调，即女人只有在做母亲时才能感到真正的满足。

anguish [ˈæŋgwiʃ] *n.* （尤指心理上的）极度的痛苦；剧痛；苦恼

例 She cried out for anguish at parting.

分手时，她由于痛苦而放声大哭。

crucial [ˈkru:ʃəl] *adj.* 决定性的；紧要关头的；至关重要的；关键性的

例 It is crucial to understand each other for friendship.

相互理解对于友谊是至关重要的。

**小试身手**

死亡让生命更加珍贵，挫折让成功更加完美，而失败也让下一次的成功意义更加深刻。

译 ____________________

孩子们需要懂得苦难、挫折、失败，这不仅仅是不可避免的，也是有益的。

译 ____________________

在人生的长跑中，真正的痛苦是因害怕痛苦而拒绝尝试。

译 ____________________

**短语家族**

**Looking back over** my life, it seems to me that I have learned the most when I felt the greatest pain.

look back over：回顾；回想

造 ____________________

It helps them to develop the patience, persistence and ability to **cope with** what they' ll need...

cope with：对付；应付

造 ____________________



# 轻松精彩的生活
## Just in Time, Thoroughly, with Reserve

● 佚名 / Anonymous

This is a wonderful way to live!

Instead of worrying ahead of time or having problems from the past **accumulate**, try this. Keep what you want to **accomplish** in the back of your mind, and as you go through life, be ready for opportunities to see to it that these things get done. Do what you do just in time, but not at the last minute, and not worrying ahead of time.

If you do what you do, thoroughly, as you grow, planning to make it last for a very long time—you' ll have more freedom and less problems in the future.

If you do what you do with reserves of everything you need (including time, tools, money, advisors, etc.), you won' t be being **irresponsible**, or just putting things off until the last minute. (You can plan or take note of your reserves, ahead of time, thinking about it on and off—making it easy on yourself—

not having to worry or spend a long time planning.)

For example, recently I had a luncheon meeting, in a nearby city that I' m not familiar with. Formerly, I would have worried in advance, spent lots of time with maps, spending time and energy. Before that I would have gone without directions, possibly coming late, anxious and worried.

Instead, I started a bit early so I had a reserve of time (which it turned out I needed. I got there just on time). I called for directions on the way, using my cellular phone. If I couldn' t reach someone for directions or get good directions, I had in mind two places I could stop at along the way and get directions. I also had in mind a friend who knew the city, who I could call if I had to. I **estimated** that I had a 50% chance of reaching him if I needed him—less than reserve, more of an emergency option.

I went there and got directions just in time, with reserves of time and ways of getting directions, and my plan was a thorough one.

We had a wonderful meeting, which I was fully focused on, not having to hurry. Best of all, I didn' t worry on the way or spend time being lost. I got directions just in time, thoroughly, with reserve.

Try it, you' ll like it! With this approach you can get lots more done, with far less effort, and with greater safety and more responsibility.



这是一种精彩的生活方式!

与其为未来或过去的问题而忧心忡忡，不如试着这样去做。先将你想要完成的事置诸脑后。为在日后的生活中，为机遇作好准备，并确保这些事情能够完成。做事要及时，但并不是要拖到最后的时刻才做。而且，不要担心未来。

在你的成长过程中，做任何事情都必须长久地坚持下去，这样你的未来会更自由、更顺利。

如果你做任何事，都有必需的储备（包括时间、工具、金钱、顾问等），那么，你就是可靠之人，或者说是不会把事情放到最后一秒去做的人（你可以将你的储备、未来以及对它的思考记录下来，这使你对它了如指掌。而且，也不需要你为之担忧或花长时间去计划）。

比如说，最近在一个周围我不太熟悉的城市，我要去参加一个午餐会议。以前，我会提前担心，并花很长时间去研究地图。既浪费了时间，又消耗了精力。要不然，我就会毫无方向地乱找，还有一种可能就是迟到、不安和闷闷不乐。

后来，我提前出发了一会儿，给自己留出一些时间（最后证明，我确实需要这段时间。我准时到达了那里）。在路上，我用手机寻求指导。如果别人不能为我指引方向，或是没有好的指引，我就会在我知道的沿途的两个地方停下来询问一番。我还知道一个熟悉这个城市的朋友，在我没办法时可以给他打电话。如果我需要他的话，我估计找到他的概率有百分之五十。这不是准备，而是紧急情况下的选择。

因为有时间，并作好取得路线指导的准备，再加上及时得到了指引，我来到了目的地。我的计划太完美了！

我们的会议开得很圆满。会上我精力集中，没有一丝忧虑。最棒的是，在路上我没有焦虑，也没有浪费时间。因为有所准备，我十分及时地找到了路线。

尝试一下，你会喜欢这种方法的！用这样的方法，你就可以事半功倍，获得更大的满足感和责任心。

**词汇笔记**

accumulate [əˈkjuːmjuleit] *v.* 堆积；积累

例 True poetry accumulate meaning every time it is read.
真正的好诗每读一遍都会有新的含意。

accomplish [əˈkɔmpliʃ] *v.* 完成；实现；做成功

例 It has never been the boast of a modest person that he alone could accomplish such a hard task.
一个谦虚的人从来不会夸口说，只有他才能完成这样一件困难的任务。

irresponsible [ˌiriˈspɔnsəbəl] *adj.* 不负责任的

例 So a vehicle in irresponsible hands can be a most lethal weapon.
在一个不负责任的人手中，一辆车可以变成一件杀人凶器。

estimate [ˈestimeit] *v.* 估算；估计

例 Astronomers can estimate the size and brightness of a star by its color.
天文学家从恒星的颜色可以估计它的大小和亮度。

**小试身手**

与其为未来或过去的问题而忧心忡忡，不如试着这样去做。

译 ____________________________________________

在你的成长过程中，做任何事情都必须长久地坚持下去，这样你的未来会更自由、更顺利。

译 ____________________________________________

用这样的方法，你就可以事半功倍，获得更大的满足感和责任心。

译 ____________________________________________

**短语家族**

If you do what you **do with** reserves of everything you need ,you won' t be being irresponsible.

do with：利用；处理

造 ____________________________________________

I would have worried **in advance**, spent lots of time with maps, spending time and energy.

in advance：预先；提前

造 ____________________________________________



# 青春通往未来的两条路

## The Two Roads

● 佚名 / Anonymous

It was New Year's night. An aged man was standing at a window. He raised his **mournful** eyes towards the deep blue sky, where the stars were floating like white lilies on the surface of a clear calm lake. Then he cast them on the earth, where few more hopeless people than himself now moved towards their certain goal—the tomb. He had already passed sixty of the stages leading to it, and he had brought from his journey nothing but errors and **remorse**. Now his health was poor, his mind vacant, his heart sorrowful, and his old age short of comforts.

The days of his youth appeared like dreams before him, and he recalled the serious moment when his father placed him at the entrance of the two roads—one leading to a peaceful, sunny place, covered with flowers, fruits and **resounding** with soft, sweet songs; the other leading to a deep, dark cave, which

was endless, where poison flowed instead of water and where devils and poisonous snakes hissed and crawled.

He looked towards the sky and cried painfully, "O, youth, return! O, my father, place me once more at the entrance to life, and I'll choose the better way!"But both his father and the days of his youth had passed away.

He saw the lights flowing away in the darkness. These were the days of his wasted life; he saw a star fall from the sky and disappeared, and this was the symbol of himself. His remorse, which was like a sharp arrow, struck deeply into his heart. Then he remembered his friends in his childhood, who entered life together with him. But they had made their way to success and were now honoured and happy on this New Year's night.

The clock in the high church tower struck and the sound made him remember his parents' early love for him. They had taught him and prayed to God for his good. But he chose the wrong way. With shame and grief he dared no longer to look towards that heaven where his father lived. His darkened eyes were full of tears, and with a despairing effort, he burst out a cry, "Come back, my early days! Come back!"

And his youth did return, for all this was only a dream, which he had on New Year's night. He was still young though his faults were real; he had not yet entered the deep, dark cave, and he was still free to walk on the road which leads to the peaceful and sunny land.

Those who still linger on the entrance of life, **hesitating** to choose the bright road, remember that when years are passed and your feet stumble on the dark mountains, you will

cry bitterly, but in vain: "O, youth, return! Oh, give me back my early days!"



在新年之夜，一位上了年纪的人伫立在窗前。他抬起充满哀伤的眼睛，仰望着深蓝色的天空，星星在那里游移着，如同朵朵百合散落在清澈而平静的湖面上。接着他把目光投向地面，看到几个比他更加绝望的人正走向他们的终点——坟墓。在通往人生终点的道路上，他已经走过了六十个驿站，除了过失和悔恨，他一无所获。现在，他健康欠佳，精神空虚，心情忧郁，缺少晚年应有的舒适和安逸。

年轻的时光如梦幻般浮现在他眼前，他回想起父亲将他放在人生道路入口处时那个关键的时刻。当时，摆在他面前的有两条道路：一条通向和平宁静、阳光灿烂的地方，那里满是花果，回荡着柔和甜美的歌声；另一条则通向黑暗无底的深渊，那里流淌着毒汁而非清水，恶魔肆虐，毒蛇横行。

他仰望着天空，痛苦地叫喊："啊，青春，请回来吧！啊，父亲，请把我重新放到人生道路的起点上吧，我将会作出更好的选择。"然而，父亲和他的青春都已离他远去。

他看着灯光被黑暗吞没，那就是他虚度的时光；他看见一颗星星从空中陨落、消逝，那正是他自身的写照。悔恨如同利箭深深地刺进他的心脏。然后，他回想起儿时的朋友，他们曾与他一同踏上人生的旅程，现在已走在成功的道路上，受到人们的尊敬，此时正沉浸在欢度新年的幸福中。

教堂高塔上的钟声敲响了，这让他回忆起父母早年对他的爱。他们曾给予他谆谆教诲，曾为他的幸福向上帝祈祷。但他偏偏选择了人生的歧途。羞愧和忧伤使他再也不敢正视父亲所在的

天堂。他双目黯然，饱含着泪水。在绝望中，他奋力高喊："回来吧，我那逝去的岁月！回来吧！"

他的青春真的回来了，因为上面所发生的一切只不过是他在新年之夜所做的一场梦。他依然年轻，当然，他也曾真的犯过错误，但还不至于堕入黑暗的深渊，他仍然可以自由地走在通向宁静和光明的道路上。

正在人生路口徘徊，正在犹豫是否要选择光明大道的年轻人啊，你们一定要记住：当你青春已逝，在黑暗的群山中举步维艰、跌跌撞撞时，你才会痛心疾首、徒劳无功地呼喊："啊，回来吧，青春！啊，把我美好的年华还给我吧！"

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人生的痛苦不在于失去什么，而在于拥有的时候不懂得珍惜。生命的不可逆转性，使那些青春已逝却两手空空的老人徒然叹息，悔不当初，却又无可奈何。聪明的我们难道还要重蹈前人的覆辙吗？

**词汇笔记**

mournful [ˈmɔːnfəl] *adj.* 哀痛的；令人伤心的

例 He took a mournful view on human affairs.

他对人生持悲观的态度。

remorse [riˈmɔːs] *n.* 懊悔；悔恨；自责

例 His remorse is just an artifice to gain sympathy.

他的悔恨只是一种骗局，是为了博取同情。

resounding [riˈzaʊndiŋ] *adj.* 鸣响的；回响的；回荡的；响亮的

例 His resounding voice continued to resound in my ears long after he was out of sight.

他人走远了，但他响亮的声音仍在我的耳际回荡。

hesitate [ˈheziteit] *v.* 犹豫；踌躇；迟疑不决

例 The local government will not hesitate to take the severest measures to against criminals.

当地政府将毫不犹豫地采取最严厉的措施对付犯罪分子。

**小试身手**

他抬起充满哀伤的眼睛，仰望着深蓝色的天空，星星在那里游移着，如同朵朵百合散落在清澈而平静的湖面上。

译 ______________________________

悔恨如同利箭深深地刺进他的心脏。

译 ______________________________

他们曾给予他谆谆教诲，曾为他的幸福向上帝祈祷。

译 ______________________________

**短语家族**

But both his father and the days of his youth had **passed away**.

pass away：去世；过世

造 ______________________________

He **burst out** a cry, "Come back, my early days! Come back!"

burst out：突然（哭、笑、叫）起来

造 ______________________________



# 警惕你的弱点正在毒害你
## Guard Your Weak Point

● 奥里森 · 马登 ／ Orison Marden

"I' ll sign it after a while," a drunkard would reply, when repeatedly urged by his wife to sign the pledge; " but I don' t like to break off at once, the best way is to get used to a thing. " "Very well, old man," said his wife, " see if you don' t fall into a hole one of these days, with no one to help you out. "

Not long after, when **intoxicated**, he did fall into a shallow well, but his shouts for help were fortunately heard by his wife. "Didn' t I tell you so?" she asked. "It' s lucky I was in hearing or you might have drowned." He took hold of the bucket and she tugged at the windlass; but when he was near the top her grasp slipped and down he went into the water again. This was repeated until he screamed: "Look here, you' re doing that on purpose, I know you are." " Well, now, I am. " admitted the wife. "Don' t you remember telling me it' s best to get used to a thing by degrees? I' m afraid if I bring you up sudden, you would

not find it wholesome." Finding that his case was becoming **desperate**, he promised to sign the pledge at once. His wife raised him out immediately, but warned him that if ever he became intoxicated and fell into the well again, she would leave him there.

A man captured a young tiger and resolved to make a pet of it. It grew up like a kitten, fond and gentle. There was no evidence of its savage, bloodthirsty nature, and it seemed perfectly harmless. But one day while the master was playing with his pet, the rough tongue upon his hand started the blood from a scratch. The moment the beast tasted blood, his **ferocious** tiger nature was roused, and he rushed upon his master to tear him to pieces.

Sometimes the appetite for drink, which was thought to be buried years ago, is roused by the taste or the smell of "the devil in solution," and the wretched victim finds himself a helpless slave to the passion which he thought dead.

The wife of Socrates, Xanthippe, was a woman of a most fantastical and furious spirit. At one time, having vented all the reproaches upon Socrates her fury could suggest, he went out and sat before the door. His calm and unconcerned behavior but irritated her so much the more; and, in the excess of her rage, she ran upstairs and emptied a vessel upon his head, at which he only laughed and said that"so much thunder must needs produce a shower. " Alcibiades, his friend, talking with him about his wife, told him he wondered how he could bear such an everlasting scold in the same house with him. He replied, " I have so accustomed myself to expect it, that it now offends me no more than the noise of carriages in the street. "

The strong man is the one who ever keeps himself under strict discipline, who never once allows the lower to usurp the place of the higher in him; who makes his passions his servants and never allows them to be his master; who is ever led by his mind and not by his inclinations. He drills and disciplines his desires and keeps the roots of his life under ground, and never allows them to interfere with his character. He is never the slave of his inclinations, nor the sport of impulse. He is the commander of himself and heads his ship due north even in the wildest tempests of passion.

A noted teacher has said that the propensities and habits are as teachable as Latin and Greek, while they are infinitely more essential to happiness. We are very largely the creatures of our wills. By constantly looking on the bright side of things, by viewing everything hopefully, by setting the face as a flint every hour of every day toward all that is **harmonious** and beautiful in life, and refusing to listen to the discord or to look at the ugly side of life, by constantly directing the thought toward what is noble, grand and true, we can soon form habits which will develop into a beautiful character, a harmonious and well–rounded life. We are creatures of habit, and by knowing the laws of its formation we can, in a little while, build up a network of habit about us, which will protect us from most of the ugly, selfish and degrading things of life. In fact, the only real happiness and unalloyed satisfaction we get out of life, is the product of self–control. It is the great guardian of all the virtues, without which none of them is safe. It is the sentinel, which stands on guard at the door of life, to admit friends and exclude enemies.



当醉汉的妻子反复催促他保证戒酒时，醉汉回答说：“我过一会儿就保证，但我不想现在就戒，最好是慢慢来。”妻子说：“非常好，没准儿你哪天会掉进坑里，没人会救你出来。”

不久之后，那个人喝醉了，真的掉进一口很深的井里，不过幸运的是，他的呼救声被他的妻子听到了，妻子说：“我警告你的事情真的发生了吧？幸好我听到了，要不然你就被淹死了。”他抓住水桶，妻子用力摇动辘轳，但是当他快要到达井口时，妻子却松开手，他又掉进了水里。这种情形反复了好多次，最终他忍不住大叫：“喂，我知道你是故意的。”他的妻子承认道：“是的，我就是故意的。你忘了你曾跟我说过，凡事要慢慢来吗？我怕让你突然上来，你会不适应。”他别无他法，于是马上保证要戒酒。他的妻子立刻把他救了上来，不过警告他说，如果他再喝醉掉进井里，她是不会再理睬他的。

有一个人抓住了一只小老虎，决定把它当宠物养。小老虎长大了，像小猫似的可爱又温和，没有任何凶恶、残忍天性的迹象，看起来完全没有伤害性。但是有一天，这个人在与他的宠物玩耍时，老虎舔到了从他手上的伤口流出的血。就在舔到血的那一瞬间，老虎的凶残天性被唤醒了，它扑向主人，把他撕烂了。

有时，已经戒掉多年的酒瘾，会在品尝或闻到“恶魔溶液”时被唤醒，可怜的受害者就会发现，对于他原以为已经戒掉的酒瘾而言，自己就是一个无助的奴隶。

苏格拉底的妻子是个多疑狂暴的女人。有一次，她向苏格拉底发怒时，苏格拉底走出去，坐在门外。苏格拉底的平静和漠然更加激怒了她，她更恼火，冲到楼上，把一桶水倒在他的头上。苏格拉底只是笑笑，说：“如此大的雷鸣声，一定会下暴雨

的。”苏格拉底在与朋友亚西比德谈论自己的妻子时，朋友问他在家中是如何忍受这种长久的责骂的。苏格拉底回答说：“我已经习惯让自己认为这些责骂还不如街上马车的噪音，它们根本不会让我感到烦闷。”

坚强的人一向严格要求自己，他绝不允许低级的想法侵占他崇高的思想；他让激情成为自己的奴隶，绝不允许它们成为自己的主人；他遵从自己的理智行事，而不是自己的爱好。他训练自己的品质，始终使自己的生命之根深扎在土壤里，不允许它们影响自己的性格。他从不被偏好与冲动左右。他是自己的指挥官，即使在最强烈的欲望风暴中也不会偏航。

有一位著名的老师曾说过，当偏好与习惯对于幸福更加重要时，它们是可以训教的，就像拉丁语与希腊语可以学习一样。在很大程度上，我们是自己意志的创造物。不断地看到事物光明的一面；满怀希望地看待事物；坚信每天的每一个小时都是朝着和谐美满的生活发展的，而不去听那些不和谐的声音，忽视生活的丑陋一面；不断地引导思想朝向高尚、重要和真实的事物，这样我们就能很快养成好的习惯，创造美好的品格、和谐美满的生活。我们是习惯的产物，通过了解它的形成规律，我们便能够在很短的时间内，在我们的身边建立起习惯网，使我们免受生活中丑陋、自私、可耻事物的影响。我们从生活中得到的真正的幸福与纯粹的满足感，实际上是自我控制的产物。它们是所有美德的伟大守护者，没有它任何美德都是不安全的。它是站在生命之门的哨兵，接纳朋友，排斥敌人。

## 词汇笔记

intoxicated [in'tɔksikeitid] *adj.* 喝醉的；极其兴奋的

例 They became deeply intoxicated and totally disoriented.

他们酩酊大醉，东南西北全然不辨。

desperate ['despərit] *adj.* 不顾一切的；拼命的；铤而走险的

例 No everybody can keep his head in the desperate moment.

不是每个人都能在危急时刻保持镇定的。

ferocious [fə'rəuʃəs] *adj.* 凶猛的；残忍的；凶暴的

例 Without love a person could go hayward and also become cruel and ferocious.

没有爱的人生可能会误入禁区，也会变得残酷而凶恶。

harmonious [hɑː'məuniːəs] *adj.* 和谐的；协调的；调和的

例 Sky and sea make up of a harmonious picture.

天空和大海构成了一幅和谐的画面。

## 小试身手

坚强的人一向严格要求自己，他绝不允许低级的想法侵占他崇高的思想。

译 ______________________________

当偏好与习惯对于幸福更加重要时，它们是可以训教的，就像拉丁语与希腊语可以学习一样。

译 ______________________________

我们从生活中得到的真正的幸福与纯粹的满足感，实际上是自我控制的产物。

译 ______________________________

## 短语家族

I don' t like to **break off** at once, the best way is to get used to a thing.

break off：中断；突然停止

造 ______________________________

Look here, you' re doing that **on purpose**, I know you are.

on purpose：故意；有意

造 ______________________________



# 有关竞争的论调
Competition

● 亨利·福特 / Henry Ford

Take competition; I found that competition was supposed to be a **menace** and that a good manager **circumvented** his competitors by getting a monopoly through artificial means. The idea was that there were only a certain number of people who could buy and that it was necessary to get their trade ahead of someone else.

Some will remember that later many of the automobile manufacturers entered into an association under the Selden Patent just so that it might be legally possible to control the price and the output of automobiles. They had the same idea that so many trades unions have—the **ridiculous** notion that more profit can be had doing less work than more. The plan, I believe, is a very **antiquated** one. I could not see then and am still unable to see that there is not always enough for the man who does his work; time spent in fighting competition is

wasted; it had better be spent in doing the work.

There are always enough people ready and anxious to buy, provided you supply what they want and at the proper price—and this applies to personal services as well as to goods.

During this time of reflection I was far from idle. We were going ahead with a four–cylinder motor and the building of a pair of big racing cars. I had plenty of time, for I never left my business. I do not believe a man can ever leave his business. He ought to think of it by day and dream of it by night. It is nice to plan to do one' s work in office hours, to take up the work in the morning, to drop it in the evening—and not have a care until the next morning, It is perfectly possible to do that if one is so constituted as to be willing through all of his life to accept direction, to be an employee, possibly a responsible employee, but not a director or manager of anything.

A manual labourer must have a limit on his hours, otherwise he will wear himself out. If he intends to remain always a manual labourer, then he should forget about his work when the whistle blows, but if he intends to go forward and do anything, the whistle is only a signal to start thinking over the day' s work in order to discover how it might be done better.

The man who has the largest capacity for work and thought is the man who is bound to succeed. I cannot pretend to say, because I do not know, whether the man who works always, who never leaves his business, who is absolutely intent upon getting ahead, and who therefore does get ahead—is happier than the man who keeps office hours, both for his brain and his hands. It is not necessary for any one to decide the question. A ten–horsepower engine will not pull as much as a twenty.

The man who keeps brain office hours limits his horsepower. If he is satisfied to pull only the load that he has, well and good, that is his affair—but he must not complain if another who has increased his horsepower pulls more than he does. Leisure and work bring different results. If a man wants leisure and gets it—then he has no cause to complain. But he cannot have both leisure and the results of work.

Concretely, what I most realized about business in that year—and I have been learning more each year without finding it necessary to change my first conclusions—is this:

1.That finance is given a place ahead of work and therefore tends to kill the work and destroy the fundamental of service.

2.That thinking first of money instead of work brings on fear of failure and this fear blocks every avenue of business—it makes a man afraid of competition, of changing his methods, or of doing anything which might change his condition.

3.That the way is clear for any one who thinks first of service—of doing the work in the best possible way.



让我们来说说竞争。我发现竞争常常被人们视为一种威胁。竞争是一位出色的管理者凭借实力对某一个行业的垄断。这种观念源于这样一种想法：购买人群毕竟有限，因此做生意一定要抢夺先机。

有人也许还记得，许多汽车厂商联合签订了“塞尔登专利法”——一项利用合法手段来控制汽车价格和产量的立法。他们的想法与其他许多想联合的企业的愿望相同——以为有了法律屏

障，提供少量服务也能获得更多的利润。多么荒谬啊！我相信，这种想法相当过时。我现在不明白，将来也不会明白，为什么人们不肯埋头苦干，却作无谓的竞争。

只要你能够给顾客提供一个价格合理的必需品，就总会有一些人准备或急于购买你的商品，这种方法几乎在所有服务行业都行得通。

在思考商界现状的那段日子里，我并非无所事事。我们研发了一台四缸发动机和两辆大型赛车。我有充裕的时间，因为我从没有放弃我的事业。我不相信有人会对他的事业置之不理。无论白天黑夜，我们应该对工作多一分关注，不应停止思考。在工作时间内合理规划工作内容，是一件令人愉悦的事情。每天早上，我们开始工作，晚上停止工作，并于此间不加思考，直到第二天早上。如果你认为接受他人的指导是最好的选择，那么你可以成为一个好员工，或一名优秀的雇员，但你绝不会成为主管或经理。

体力劳动后一定要有休息的时间，否则就会疲惫不堪。如果一个人仅仅想当体力劳动者，那么只要收工号吹响，他就应该将工作抛至脑后。相反，如果他想有所改进，有所成就，那么号声就成了他积极思考的信号，思考刚刚过去的一整天的工作，思考如何才能更加出色。

拥有强大的工作能力以及思考能力的人必定会取得成功。我不能妄下结论，因为我不知道是否那些一心想超越他人，并达到目标的人，一定会比在精神上与身体上都只在工作时间开动脑筋的人更幸福。无须回答。正如10马力的发动机与20马力的发动机的作用是无法相比的。那么只在工作时间开动脑筋的人，限制了自己的能力。如果他们对自己所承担的工作十分满意，那完全是他自己的事情。如果别人承担了比他更艰巨的工作而提升了能力，他连抱怨的资格都没有。赋闲与工作会让人得到截然相反的结果。如果一个人喜欢悠闲的生活，并过上了这样的生活，他便没有任何借口抱怨了。不过，悠闲的生活与丰厚的劳动成果是不

可能同时拥有的。

以后的每一年里，我都能学到许多商业知识。我最为重视的几点商界知识是永远不会改变的。具体如下：

第一，没工作前就考虑金钱，就等于毁掉了你的事业，甚至毁掉了服务的基础。

第二，认为金钱至上，而不考虑工作带来失败的恐惧。而这种恐惧会阻碍企业向前发展的可行之路——它惧怕与人竞争，拒绝创新，甚至惧怕面对任何环境的变迁。

第三，服务至上的人所拥有的至理名言——不惜一切代价把工作做到最好！

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竞争是人类的天性，但是随着社会的发展，竞争逐渐变得扭曲。竞争本该是激励人们努力上进的积极因素，而有些人却企图通过竞争垄断整个行业，达到一劳永逸的结果。而真正的成功只属于那些对工作兢兢业业、脚踏实地、坚持不懈的人。

**词汇笔记**

menace ['menəs] *n.* 威胁；胁迫；危险

例 Monkeys in this national park are a menace to visitors.
这个国家公园内的猴子对游客是一大威胁。

circumvent [,sɜ:kəm'vent] *v.* 设法克服或避免（某事物）；回避

例 I am going to show you one way to circumvent that problem.
我会给大家展示一个能避免这种问题的方法。

ridiculous [ri'dikjuləs] *adj.* 可笑的；荒谬的；愚蠢的；荒唐的

例 This kind of logic is quite ridiculous.
这种逻辑是十分荒谬的。

antiquated ['ænti,kweitid] *adj.* 过时的；陈旧的；老式的

例 Her uncle is antiquated in ideas.
她叔父的思想陈旧保守。

**小试身手**

在工作时间内合理规划工作内容，是一件令人愉悦的事情。

译 ______________________________

悠闲的生活与丰厚的劳动成果是不可能同时拥有的。

译 ______________________________

没工作前就考虑金钱，就等于毁掉了你的事业，甚至毁掉了服务的基础。

译 ______________________________

**短语家族**

It is nice to plan to do one' s work in office hours, to **take up** the work in the morning.

take up：开始从事

造 ______________________________

If he **intends to** go forward and do anything...

intend to：打算做……；想要……

造 ______________________________



# 你心情不好吗
## The Blue Day

● 佚名 / Anonymous

Everybody has blue days. These are miserable days when you feel **lousy**, **grumpy**, lonely and utterly exhausted. Days when you feel small and insignificant, when everything seems just out of reach. You can' t rise to the occasion. Just getting started seems impossible. On blue days you can become **paranoid** that everyone is out to get you. (This is not always such a bad thing.) You feel frustrated and anxious, which can induce a nail-biting frenzy that can **escalate** into a triple-chocolate-mud-cake-eating frenzy in a blink of an eye! On blue days you feel like you' re floating in an ocean of sadness. You' re about to burst into tears at any moment and you don' t even know why. Ultimately, you feel like you are wandering through life without purpose. You' re not sure how much longer you can hang on and you feel like shouting, "Will someone please shoot me!" It doesn' t take much to bring on a blue day. You might just wake up not

feeling or looking your best, find some new wrinkles, put on a little weight, or get a huge pimple on your nose. You could forget your date' s name or have an embarrassing photograph published. You might get dumped, divorced, or fired, make fool of yourself in public, be afflicted with a demeaning nickname, or just have a plain old bad–hair day. Maybe work is a pain in the butt. You' re under major pressure to fill someone else' s shoes, your boss is picking on you, and everyone in the office is driving you crazy. You might have a splitting headache, or a slipped disk, bad breath, a toothache, chronic gas, dry lips, or an ingrown toenail. Whatever the reason, you' re convinced that someone up there doesn' t like you. Oh what to do, what to do?

Well, if you' re like most people, you' ll hide behind a flimsy belief that everything will sort itself out. Then you will spend the rest of your life looking over your shoulder, waiting for everything to go wrong all over again. All the while becoming crusty and cynical or a pathetic, sniveling victim. Until you get so depressed that you lie down and beg the earth to swallow you up or, even worse, become addicted to Billy Joel songs. This is crazy, because you' re only young once and you' re never old twice. Who knows what fantastic things are in store just around the corner?

After all, the world is full of amazing discoveries, things you can' t even imagine now. There are delicious, happy sniffs and scrumptious snacks to share. Hey, you might end up fabulously rich or even become a huge superstar (one day). Sounds good, doesn' t it? But wait, there' s more!There are handstands, and games to play and yoga and karaoke and wild, crazy, bohemian

dancing. But best of all, there' s romance. Which means long dreamy stares, whispering sweet nothings, cuddles, smooches, more smooches and even more smooches, a frisky love bite or two, and then, well, anything goes. So how can you find that blissful "just sliding into a hot bubble bath" kind of feeling? It' s easy.

First, stop slinking away from all those nagging issues. It' s time to face the music. Now just relax. Take some deep breaths (in through the nose and out through the mouth). Try to meditate if you can. Or go for a walk to clear your head. Accept the fact that you' ll have to let go of some emotional baggage. Try seeing things from a different perspective. Maybe you' re actually the one at fault. If that' s the case, be big enough to say you' re sorry (it is never too late to do this). If someone else is doing the wrong thing, stand up and say, "That' s not right and I won' t stand for it!" It' s OK to be forceful. (It' s really okay to blow raspberries). Be proud of who you are, but don' t lose the ability to laugh at yourself. (This is a lot easier when you associate with positive people.) Live every day as gift were your last, because one day it will be. Don' t be afraid to bite off more than you can chew. Take big risks. Never hang back. Get out there and go for it. After all, isn' t that what life is all about?

I think so, too.



人人都有烦恼的日子。在这样的日子里，我们满怀怨言、脾气暴躁、寂寞难耐、精神委靡，也会自惭形秽、自怨自艾，甚至乱作一团。于是，我们很难重整旗鼓，开始新的生活。郁闷的日子里，我们可能会变得偏执，认为自己成了所有人攻击的对象（事实上，情况一般不是这样）；我们会感到异常失望或万分焦虑，甚至会神经质地咬指甲，眨眼间疯狂地吞下一块三层的巧克力大蛋糕！痛苦的日子里，我们沉浸于悲伤的海洋，随时都会不知缘由地泪流满面。最终，我们会觉得活着毫无意义，不知道还能坚持多久，有时就想大吼：“来，给我一枪吧！”其实就那么一点儿小事，足足可以让我们郁闷一天。也许，我们忽略了自身的优点，倒是发现额头平添了几条皱纹，体重增加了几斤，或鼻子上多长了一些粉刺；也许，约会对象的名字也忘了，那张滑稽的照片也登出来了；也许，被人抛弃，离婚，被老板解雇，当众出丑，被难听的绰号折磨得身心憔悴，或者只是因为那天的发型有些糟糕；也许，因不堪工作之苦，成为别人的笑柄；也许，身担重任，老板却百般刁难，同事苦苦相讥；也许，我们头痛欲裂，口臭，牙疼，吹牛皮，口干舌燥，指甲长到肉里。不论什么原因，我们都认为，有人厌恶我们。哦，怎么办呢，该怎么办？

也许，像大多数人一样，我们会认为事情自有解决之道。结果呢，后半辈子我们都在回望昨日，期待着往事重演。在这个过程中，我们变得狂躁，愤世嫉俗，令人同情。直到我们深感绝望，乞求上帝收回我们的生命，或是整日沉浸在比利·乔的蓝调音乐中。这种心态岂不疯狂？要知道，年轻只有一次，年老也如此。我们会有什么奇遇，谁能预料到？

毕竟，这是个充满惊奇的世界，未来是无法预知的。这里，

我们可以分享美味可口的小吃，可能会拥有难以数计的财富，甚至可能成为天王巨星。这似乎很好啊，不是吗？还有很多呢！我们还可以玩倒立，游戏，练瑜伽，唱卡拉OK，跳充满激情和野性的热舞，最好的莫过于与爱人罗曼蒂克。那意味着久久梦幻般地凝视对方，在耳边私语，拥抱，热吻。怎样才能找到那种幸福的感觉——感觉“就像滑入充满激情的泡泡浴里”？其实很简单。

首先，不要逃避那些困扰我们的问题，要敢于面对问题。放松一下，听听音乐，深呼吸。如果可能，试着沉思冥想，或者散散步，清醒一下大脑。放下情感包袱，接受既成事实。换位思考问题，或许，症结就在自身。如果真的是这样，大气地说声对不起（这样做，永远不会为时已晚）；如果是别人错了，站出来，勇敢地说：“不对，我认为不是那样的！”语气硬点儿，没关系（也可以适时发出嘘声）。可以为自己骄傲，但不要忘记自嘲一下（和乐观的人交往容易得多）。过好每一天，想象生命在今天就要终结，因为这一天终将来到。对于那些力所不能及的事情，不要怯于尝试，要敢于冒风险；不要踌躇不前，走出去，大胆去做。毕竟，生命的意义不就在于此吗？

我也是这样认为的。

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**生活中没有人能避开烦恼，情绪就像天气一样，总是出人意料。但这并不是说，在烦恼面前，我们无能为力，事实上，只要冷静地找出烦恼的根源，并勇敢去面对，就会找到消除烦恼的捷径。**

## 词汇笔记

lousy ['laʊzi:] *adj.* 非常糟的；极坏的；恶劣的

例 Time may be a great healer, but it's a lousy beautician.

时间也许是很好的疗伤者，却是个很差的美容师。

grumpy ['grʌmpi:] *adj.* 脾气坏的；性情暴躁的；生气的

例 Don't be so grumpy and pessimistic because every cloud has a silver lining.

不要这么暴躁和悲观，事情也有好的一面。

paranoid ['pærə,nɔid] *n.* 偏执狂；妄想症患者

例 Her father locks every door in the house as he is paranoid about being robbed.

她父亲患有妄想症，常感到家里会失窃，所以总是把每扇门都锁上。

escalate ['eskəleit] *v.* （使）逐步升级；（使）逐步扩大

例 Epidemics of infectious disease can escalate into pandemics, but do not always do so.

传染性疾病的流行能够升级至大流行疫情，但也不总是这样。

## 小试身手

首先，不要逃避那些困扰我们的问题，要敢于面对问题。

译 ______________________________

过好每一天，想象生命在今天就要终结，因为这一天终将来到。

译 ______________________________

对于那些力所不能及的事情，不要怯于尝试，要敢于冒风险；不要踌躇不前，走出去，大胆去做。

译 ______________________________

## 短语家族

You might get dumped, divorced, or fired, make fool of yourself in public, **be afflicted with** a demeaning nickname...

be afflicted with：受折磨

造 ______________________________

Your boss is **picking on** you, and everyone in the office is driving you crazy.

pick on：选中；挑选；批评

造 ______________________________



# 错了就坦诚地承认吧

## If You' re Wrong, Admit It

● 戴尔・卡耐基 / Dale Carnegie

Within a minute' s walk of my house there was a wild **stretch** of virgin timber, where the blackberry thickets foamed white in the springtime, where the squirrels nested and reared their young, and the horseweeds grew as tall as a horse' s head. This **unspoiled** woodland was called Forest Park—and it was a forest, probably not much different in appearance from what it was when Columbus discovered America. I frequently walked in this park with Rex, my little Boston bulldog. He was a friendly, harmless little hound; and since we rarely met anyone in the park, I took Rex along without a leash or a **muzzle**.

One day we encountered a mounted policeman in the park, a policeman itching to show his authority.

"What do you mean by letting that dog run loose in the park without a muzzle and leash?" he **reprimanded** me. "Don' t you know it' s against the law?"

"Yes, I know it is," I replied softy, "but I didn' t think he would do any harm out here."

"You didn' t think! You didn' t think! The law doesn' t give a tinker' s damn about what you think. That dog might kill a squirrel or bite a child. Now, I' m going to let you off this time; but if I catch this dog out here again without a muzzle and a leash, you' ll have to tell it to the judge."

I meekly promised to obey.

And I did obey—for a few times. But Rex didn' t like the muzzle, and neither did I; so we decided to take a chance. Everything was lovely for a while, and then we struck a snag. Rex and I raced over the brow of a hill one afternoon and there, suddenly—to my dismay I saw the majesty of the law, astride a bay horse. Rex was out in front, heading straight for the officer.

I was in for it. I knew it. So I didn' t wait until the policeman started talking. I beat him to it. I said: "Officer, you' ve caught me red-handed. I' m guilty. I have no alibis, no excuses. You warned me last week that if I brought the dog out here again without a muzzle you would fine me."

"Well, now," the policeman responded in a soft tone. "I know it' s a temptation to let a little dog like that have a run out here when nobody is around."

"Sure it' s a temptation," I replied. "but it is against the law."

"Well, a little dog like that isn' t going to harm anybody," the policeman remonstrated.

"No, but he may kill squirrels," I said.

"Well now, I think you are taking this a bit too seriously," he told me.

"I' ll tell you what you do. You just let him run over the hill

there where I can' t see him—and we' ll forget all about it."

That policeman, being human, wanted a feeling of importance; so when I began to condemn myself, the only way he could nourish his self-esteem was to take the magnanimous attitude of showing mercy.



从我家的房子出发步行一分钟，就能看到一片野生林。到了春季，那里的黑莓丛便会开出一片片白色的花朵。小松鼠们在这片灌木丛中繁衍生息，而莴苣长得几乎和马儿一样高。这片还没有被开发的原始森林被称为森林公园——它确实是一片森林。或许从哥伦布发现新大陆起就不曾改变过。我经常牵着我的小波士顿哈巴狗雷克斯到公园里散步。小狗对人很友好，是个温驯的小家伙。因为我们在公园里很少遇到人，我从没有给它拴上狗链，或戴上口套。

一天，我们在公园里遇见了一位骑警—— 一位渴望发号施令的骑警。

“你为什么不给狗拴上狗链，还让它在这里到处乱跑？”他十分严厉地训斥我，“难道你不知道这样做触犯了法律了吗？”

听了警官的话，我随即毕恭毕敬地说：“我知道，可是，我不认为小狗会伤害任何人。”

“你不那么认为！你不那么认为！法律可不容忍你有这种自以为是的看法。小狗也许会咬死小松鼠，甚至咬伤儿童。这一次我就不处罚你了，如果下次让我看到你还没给狗戴上口套、拴上狗链的话，你就要被起诉了。”

我十分礼貌地答应照做。

我确实遵守了几次，可是雷克斯很讨厌被束缚的感觉，我

又何尝不是呢？于是，我决定碰碰运气，又像从前那样带着雷克斯出来了。开始的几天，万事顺利，可不久麻烦就来了。一天下午，正当我带着雷克斯向一座小山坡上奔跑时，突然间，我又看到了那位骑警。而雷克斯正朝着他的方向奔去。

这下可麻烦了，我知道后果。我没等那位警官开口，便抢先说：“警官先生，这次又被您看见了，我承认，我有罪。对此，我没有任何借口。您上周警告过我，如果我还是没拴狗就出来，您一定会严惩我。”

听了我的话，那位警官十分和蔼地说：“在一个人迹罕至的地方，让心爱的宠物尽情玩耍也是很有诱惑力的。”

“没错，是很诱人，可我还是违反了法律。”我回答道。

“不，这么小的狗不会有什么危险的。”警官说道。

“可是，它也许会咬到松鼠。”我说道。

“哎，我想也许你把这件事看得过于严肃了。”警官说道。

“照我的话去做吧，你让它跑过这座小山，直至我看不到为止。这样一来问题就解决了，我们谁也不用在意了。”

作为人，警官也需要得到一种受到重视的感觉。因此，当我开始在他面前谴责自己的时候，唯一能满足他自尊心的就是展示他宽宏大量的一面。

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假如你真的错了，与其徒劳地为自己辩解，不如坦率地承认，这样更容易被原谅。不管面对你的家人、上司还是社会上的其他人，假如你真的错了，坦诚的态度远比雄辩的理由强百倍。

## 词汇笔记

stretch [stretʃ] *n.* 一片；一泓；一段

例 It is a great stretch of open field.
这是一大片开阔的田野。

unspoiled [ʌn'spɔild] *adj.* 未损坏的；未宠坏的

例 Few fellows had talents like his and fewer still could remain unspoiled by such success.
像他那样有才能的人是罕见的，而功成名就之后依然保持本色的人更少见。

muzzle ['mʌzl] *n.*（防止动物咬人的）口套

例 To put a muzzle on the dog.
给狗戴上口套。

reprimand ['reprə,mænd] *v.* 申斥；训斥；斥责；惩戒；谴责

例 To reprimand an obstinate fool or to preach to a dolt is like writing upon the water.
去斥责一个固执的笨蛋，或向一个傻瓜说教，就像在水面上写字一样。

## 小试身手

从我家的房子出发步行一分钟，就能看到一片野生林。

译 ______________________________

小狗对人很友好，是个温驯的小家伙。

译 ______________________________

作为人，警官也需要得到一种受到重视的感觉。

译 ______________________________

## 短语家族

So we decided to **take a chance.**

take a chance：投机；冒险

造 ______________________________

So when I began to **condemn myself**...

condemn myself：自责

造 ______________________________



# 不要让教训再次重复

## A Lesson Is Repeated until Learned

● 佚名 / Anonymous

Have you ever notice that lessons tend to repeat themselves? Does it seem as if you married or dated the same person several times in different bodies with different names? Have you run into the same type of boss over and over again? If you don' t deal well with authority figures at home, then you will have an opportunity to deal with them out in the world. You will continually draw into your life people who need to enforce authority, and you will struggle with them until you learn the lesson of **obedience**.

You will continually attract the same lesson into your life. You will also draw to your teachers to teach you that lesson until you get it right. You may try to avoid the situation, but they will eventually catch up with you. The only way you can free yourself of difficult patterns and issues you tend to repeat is by shifting your **perspective** so that you can recognize the patterns

and learn the lessons that they offer. To face these challenges means you need to accept the fact that something within you keeps drawing you to the same kind of person or issue, though that situation or relationship may be very painful.

The challenge, therefore, is to identify and release the patterns that you are repeating. This is no easy task, since it means you have to change, and change is not always easy. Staying just as you are may not help you advance spiritually, but it certainly is comfortable in its familiarity.

Rising to the challenge of identifying and releasing your patterns forces you to admit that the way you have been doing things isn' t working. The good news is that by identifying and releasing the pattern, you actually learn how to change. In order to **facilitate** your process of change, you will need to learn the lessons of willingness and patience. Once you master these, you will most likely find the challenge of dentifying and releasing your patterns far less intimidating.

The real secret to being able to change is the willingness to do so. If you are to make any progress in **excavating** yourself from the cycles that entrap you, you must first identify the patterns that keep you stuck. Then you can begin to release the old behaviors.

If you truly want to change, you will choose to do it, and make a commitment to the process of it. However, if you rely on the thought that you should change, you will make the decision to do so and then you will feel the pinch of sacrifice. Following the current trends, the advice of friends, or the wishes of family members result in decision; following you inner compass results in choice.

So when you are struggling to make a change in your life, ask yourself, "How willing am I, really, to make this change?" If you are not succeeding, there' s a good chance that you may be relying on your belief that you should change, rather than on your intrinsic desire to do so.

Patience is the display of tolerance while awaiting an outcome. You are presented with the lesson of patience the moment you try to create a change within yourself. You expect immediate results and are often disappointed when your first few attempts to follow through fall short. When people who try to lose weight cheat on their diets, they get very frustrated with themselves for not being able to stay with their new eating regime and berate themselves for not changing their patterns.

As you already know, change is rarely easy, and you need to exercise gentleness and patience with yourself as you work your way through this process. Growth can be a slow, painstaking process and patience will provide you with the stamina you need to become the person you want to be.

If you absolutely hate getting stuck in traffic, chances are that you need a little work in the area of patience. And, chances are, you will probably get stuck in more traffic jams than someone who has no issue with patience—and not simply because the universe has a sense of humor. You will just notice the traffic more than someone who has more patience.

Remember, a lesson will be repeated until learned. It just takes a little patience.



你是否曾注意到，生活中的教训总是重复出现。这看起来是不是就像与你结婚或多次约会的始终是同一个人，只不过是身材和名字不同罢了呢？你是否曾多次遇到相似类型的老板呢？如果你无法同家中的掌权者处理好关系，那么，你在外面的世界同样会遇到这种状况。你的生活会不断地陷入强权者的控制中，而且，你会一直与之对抗，直到学会服从为止。

在你的生活中，会不断地出现相同的教训。你会吸引老师前来教你，直到你完全明白为止。你可能会努力避免这种情形，但终究会身陷其中。唯一能让你从这些重复不断的艰难模式和问题中解脱出来的方法是：转变你的观念，这样你就能认清这些模式，并从中吸取教训。直面这些挑战意味着你要接受一个事实：你自身的某些因素使你的生活重复出现同类型的人或问题，尽管你可能会为这种情形或关系备感痛苦。

所以，这个挑战就是要辨明你不断重复的行为模式，并从中解脱。这是一项艰巨的任务，因为，它意味着你必须作出改变，而改变往往不容易，但停滞不前不利于你心灵的成长，虽然它确实让你有舒适的熟悉感。

面对这个挑战，要辨明自己的行为模式并从中解脱，那么，你必须承认，你过去曾有过某种行不通的行为方式。可喜的是，通过辨明这种模式并解脱出来，你会真正学会如何去改变。为了协助你改变的进程，你要学会积极和忍耐。一旦掌握了这些，你很可能会发现辨明这种模式并从中解脱并不是特别艰难。

改变的真正秘诀是你愿意这样去做。如果你在挣脱困住你的模式的过程中取得了任何进展，那你首先应该辨明被困的模式，然后开始摆脱以前的习惯。

如果你真正想改变，就要选择去做，并真正付诸行动。但是，如果你只是觉得自己应该改变，就要下定决心。然后，你会感受到牺牲的痛苦。跟随当今的潮流，听从朋友的建议，或迫于家人的期望，都会促使你作出决定，而你应该在心灵罗盘的指引下来选择。

所以，当你努力想改变生活时，先扪心自问：“我想作出这个改变的决心到底有多大？”如果你没有答案，那么，你很可能应该改变，但在你的内心深处并没有这种渴望。

耐心是在等待结果时显示出来的承受力。一旦你准备改变自我，就要耐心面对。你期望立刻有结果，并往往会为开始的几次尝试没有成功而失望。当人们试着减肥，却无法抗拒美食时，便会对自己不能执行新的饮食计划而备感失望，并为不能改变生活模式而自责不已。

正如你所知，改变通常很艰难。当你处于改变的过程中时，要对自己宽容，并耐心地去练习。成长是一个缓慢而艰苦的过程，耐心会让你更有毅力，帮助你去做自己想做的人。

如果你对堵车深恶痛绝，那么你应该多培养自己的耐心。另外，你可能会比那些有耐心的人更频繁地遭遇堵车——不是因为上天捉弄你，而是与那些有耐心的人比起来，你对堵车更在意。

记住，一个教训总会反复出现，直到你学会为止。它只不过更需要耐心而已。

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**同样的教训会反复出现，假如你没有彻底克服它的话。人们常说“不要被同一块石头绊倒”、“吃一堑，长一智”，事实上，做到这一点并非易事，但如果总是让教训重复多次，到万不得已时，才真正去克服，那么我们岂不沦为了生活的奴隶？**

## 词汇笔记

obedience [əʊ'bi:di:əns] *n.*服从；顺从；听话

例 Obedience is the first duty of soldier.

军人以服从命令为天职。

perspective [pə'spektiv] *n.* 观点；想法；态度

例 View an issue from a historical perspective.

用历史的观点看待问题。

facilitate [fə'siliteit] *v.* 使便利；减轻……的困难

例 You could facilitate the process by sharing your knowledge.

运用你的知识，你可以促进这一进程。

excavate ['ekskə,veit] *v.* 挖掘；开凿；挖出；发掘

例 The author hopes it be helpful to excavate students' thought potency through this article.

作者希望本文对挖掘学生的思维潜质有所帮助。

## 小试身手

如果你真正想改变，就要选择去做，并真正付诸行动。

译 ____________________

一旦你准备改变自我，就要耐心面对。

译 ____________________

成长是一个缓慢而艰苦的过程，耐心会让你更有毅力，帮助你去做自己想做的人。

译 ____________________

## 短语家族

Have you **run into** the same type of boss over and over again?

run into：偶然撞见

造 ____________________

If you are not succeeding, there' s a good chance that you may be **relying on** your belief that you should change...

rely on：依赖；依靠

造 ____________________



# 接受不完美的人生
## The Missing Piece

● 佚名 / Anonymous

Once a circle missed a **wedge**. The circle wanted to be whole, so it went around looking for its missing piece. But because it was incomplete and therefore could roll only very slowly, it admired the flowers along the way. It chatted with worms. It enjoyed the sunshine. It found lots of different pieces, but none of them fit. So it left them all by the side of the road and kept on searching. Then one day the circle found a piece that fit perfectly. It was so happy. Now it could be whole, with nothing missing. It **incorporated** the missing piece into itself and began to roll. Now that it was a perfect circle, it could roll very fast, too fast to notice the flowers or talking to the worms. When it realized how different the world seemed when it rolled so quickly, it stopped, left its found piece by the side of the road and rolled slowly away.

The lesson of the story, I suggested, was that in some

strange sense we are more whole when we are missing something. The man who has everything is in some ways a poor man. He will never know what it feels like to **yearn**, to hope, to **nourish** his soul with the dream of something better.

There is a wholeness about the person who has come to terms with his limitations, who has been brave enough to let go of his unrealistic dreams and not feel like a failure for doing so. There is a wholeness about the man or woman who has learned that he or she is strong enough to go through a tragedy and survive, he or she can lose someone and still feel like a complete person.

Life is not a trap set for us by God so that he can condemn us for failing. Life is not a spelling bee, where no matter how many words you' ve gotten right, you' re disqualified if you make one mistake. Life is more like a baseball season, where even the best team loses one-third of its games and even the worst team has its days of brilliance. Our goal is to win more games than we lose.

When we accept that imperfection is part of being human, and when we can continue rolling through life and appreciate it, we will have achieved a wholeness that others can only aspire to. That, I believe, is what God asks of us—not "Be perfect" , not "Don' t even make a mistake", but "Be whole" .

If we are brave enough to love, strong enough to forgive, generous enough to rejoice in another' s happiness, and wise enough to know there is enough love to go around for us all, then we can achieve a fulfillment that no other living creature will ever know.



很久以前，一个圆失去了一角。圆想做回完整的自己，于是四处寻找那遗失的一角。但它不再是一个整圆，因此只能慢慢地滚动。它在和煦的阳光下，欣赏着路边鲜艳的花儿，与虫儿聊着天。它遇到了许多不同的角，但都不适合自己，于是将它们扔在路边，继续寻找。最终，它发现了一块最适合自己的角，兴奋不已。现在它是一个完整的圆了，不再残缺不全。它与那一角组合在一起开始滚动。它现在是一个完美的圆，因此能够快速地滚动，快到无法再欣赏美丽的花儿，不能与虫儿聊天了。当它明白速度提高之后的世界是多么不同时，它停了下来，将那一角扔在了路旁，缓慢地离开了。

我认为，这个故事告诉我们，从一种不同于以往的意义上来讲，缺憾也是一种完整。拥有一切的人在某些方面却是极度贫穷的。他永远无法知道何为向往与期盼，也不懂得用更好的梦想来滋润他的心灵。

一个人的完整在于他能为自己的极限让步，有足够的勇气放弃超乎现实的梦想，且并不因此灰心沮丧。一个男人和一个女人的完整在于他或她能坚强地走过困境，可以在失去亲人后依然能保持完整。

生活不是上帝为了责备我们的失败而设的圈套。生活也不是拼写比赛，无论你答对多少词，只要拼错一个，就丧失了比赛资格。生活更如棒球季候赛，最佳球队也许会输掉比赛三分之一的分数，而最差的球队也会有光辉灿烂的一天。我们的目标就是赢多输少。

接受不完美也是人生的一部分道理，我们就能在人生的道路上滚动前行并欣赏周围的一切，我们可以达到他人只能向往的圆满。我相信，那就是上帝对我们的要求——不是“完美”，也不

是“毫无过错”，而是“圆满”。

如果我们勇敢地去爱，接受宽恕，大方地将快乐带给他人，清楚地明白所有的爱都围绕在我们身边，我们就能达到圆满，那是其他生物所无从知晓的。

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从某种意义上来说，人生的缺憾本身就是一种完美。过于完美的人生，往往因为路途太顺而错失了欣赏路边风景的机会；过于完美的人，从来不懂何为期盼，更体会不到满足的快乐，他们的人生是如此单调。所以不要再为自己的缺憾而耿耿于怀，努力去克服吧，在这过程中，你会得到比结果本身更重要的东西。

## 词汇笔记

wedge [wedʒ] *n.* 楔；楔形物

例 It' s a shoe with a wedge heel.

这是一只有一个楔形后跟的鞋。

incorporate [in'kɔ:pəreit] *v.* 把……合并；使并入

例 We' ll incorporate the new plan with the old.

我们将把新老计划合并为一。

yearn [jə:n] *v.* 渴望；渴求；切盼；向往

例 After a long and cruel war between the tribes, the local people all yearn for peace and safety.

经过一场旷日持久的残酷的部落战争，本地区的百姓都渴望和平与安全。

nourish ['nʌriʃ] *v.* 养育；滋养

例 I said, deep footprints can nourish the soul of life, full of washing sewage pollution and meet clean tomorrow.

我说，重脚印可以滋养灵魂，洗涤人生的斑斑污污，迎接清新洁净的明天。

## 小试身手

一个人的完整在于他能为自己的极限让步，有足够的勇气放弃超乎现实的梦想，且并不因此灰心沮丧。

译 ____________________

生活更如棒球季候赛，最佳球队也许会输掉比赛三分之一的分数，而最差的球队也会有光辉灿烂的一天。

译 ____________________

如果我们勇敢地去爱，接受宽恕，大方地将快乐带给他人，清楚地明白所有的爱都围绕在我们身边。

译 ____________________

## 短语家族

Life is not a spelling bee, where **no matter how** many words you' ve gotten right...

no matter how：不管怎样

造 ____________________

We will have achieved a wholeness that others can only **aspire to**.

aspire to：渴求；向往

造 ____________________



# 勇敢地追随自己的梦想

## Follow Your Dream

● 佚名 / Anonymous

I have a friend named Monty Roberts who owns a horse ranch in San Ysidro. He has let me use his house to put on fund–raising events to raise money for youth at risk programs.

The last time I was there he introduced me by saying, "I want to tell you why I let Jack use my house. It all goes back to a story about a young man who was the son of an **itinerant** horse trainer who would go from stable to stable, race track to race track, farm to farm and ranch to ranch, training horses. As a result, the boy' s high school career was continually interrupted. When he was a senior, he was asked to write a paper about what he wanted to be and do when he grew up.

"That night he wrote a seven–page paper describing his goal of someday owning a horse ranch. He wrote about his dream in great detail and he even drew a **diagram** of a 200–acre ranch, showing the location of all the buildings, the

stables and the track. Then he drew a detailed floor plan for a 4,000-square-foot house that would sit on a 200-acre dream **ranch**.

He put a great deal of his heart into the project and the next day he handed it in to his teacher. Two days later he received his paper back. On the front page was a large red F with a note that read, 'See me after class. '

"The boy with the dream went to see the teacher after class and asked, 'Why did I receive an F? ' The teacher said, 'This is an unrealistic dream for a young boy like you. You have no money. You come from an itinerant family. You have no resources. Owning a horse ranch requires a lot of money. You have to buy the land. You have to pay for the original breeding stock and later you' ll have to pay large stud fees. There' s no way you could ever do it.' Then the teacher added, 'if you will rewrite this paper with a more **realistic** goal, I will reconsider your grade.'

"The boy went home and thought about it long and hard. He asked his father what he should do. His father said, 'Look, son, you have to make up your own mind on this. However, I think it is a very important decision for you.'

"Finally, after sitting with it for a week, the boy turned in the same paper, making no changes at all. He stated, 'You can keep the F and I' ll keep my dream.'"

Monty then turned to the assembled group and said, "I tell you this story because you are sitting in my 4000-square-foot house in the middle of my 200-acre horse ranch. I still have that school paper framed over the fireplace." He added, "The best part of the story is that two summers ago that same school

teacher brought 30 kids to camp out on my ranch for a week." When the teacher was leaving, he said, 'Look, Monty, I can tell you this now. When I was your teacher, I was something of a dream stealer. During those years I stole a lot of kids' dreams. Fortunately you had enough gumption not to give up on yours."

Don' t let anyone steal your dreams. Follow your heart, no matter what.



我的朋友蒙提·罗伯兹在圣思多罗拥有一个牧马场。他那宽敞的住宅经常被我借来举办筹募活动，募集的资金用来资助青少年冒险计划。

在上次活动中，他致辞说："我把房子借给杰克用是有原因的。这个故事要从一个小男孩说起，他的父亲是位马术师，他从小就跟着父亲东奔西跑，求学过程并不顺利。读初中时，有一次，老师让全班同学写作文，题目是《我的梦想》。

"那晚，他一气呵成，整整写了七页，描述了他的宏图大志：拥有一个属于自己的牧马场。他仔细画了一张200亩农场的设计图，上面标有马厩、跑道等的位置，还要在农场中央建造一栋占地4000平方英尺的巨型豪宅。

"他费尽心思写完作文，第二天交给了老师。两天后文章发了下来，一个又红又大的F赫然出现在第一页，旁边还有一行字：下课后来找我。

"下课后，带着梦想的小男孩拿着作文去找老师：'为什么给我不及格？'老师答道：'你年龄还小，理想太不切实际了。你没钱，没背景，一无所有。盖农场是一个大工程，要花很多钱；你还要买地，买纯种马匹，雇人照料。对于你来说，这些

都是不可能的。’他接着又说：‘如果你愿意重写一个现实的理想，我会重新给你打分。’

“男孩回家后，辗转反侧，思考了很久。后来又征求父亲的意见。父亲对他说：‘儿子，这个决定很重要，你要自己慎重考虑。’

“经过几天的深思熟虑后，他决定原封不动地交回原稿。他告诉老师：‘就算得大红的F，我也决不放弃梦想。’”

这时，蒙提对大家说：“我讲这个故事，是因为各位现在就坐在200亩的农场，占地4000平方英尺的豪华住宅里。我至今还保留着初中时写的那篇作文。”他顿了顿说：“有趣的是，那位老师，在两年前的夏天，带着他的30个学生来我的农场露营一周。他离开前对我说：‘蒙提，你看，说来惭愧。我做你的老师的时候，曾打击过你，这些年，我似乎对很多学生都这样做过。幸好你有毅力坚持自己的梦想。’”

不管怎样，都要追随自己的梦想，不要被别人的话所击退。

梦想有多大，舞台就有多大。不要抱怨自己一无所有，正因为一无所有，你才可以轻装上阵，记着：梦想是你唯一的行李，勇气是你必备的盘缠，带上它们，出发吧。

## 词汇笔记

itinerant [i'tinərənt] *adj.* 巡回的；游历的；流动的

例 Itinerant bike repairmen can be found on almost every street.
流动的自行车修理摊几乎在每条街道都可以找到。

diagram ['daiəgræm] *n.* 图解；简图；图表；示意图

例 I made a diagram to show how the eye works.
我画了一张简图说明眼睛是如何工作的。

ranch [rɑ:ntʃ] *n.* 牧场；大农场（尤指北美或澳大利亚的）

例 He left his Montana ranch to his spinster sister.
他把他在蒙大拿州的大牧场留给了他未婚的妹妹。

realistic [ˌriə'listik] *adj.* 现实的；实际可行的；现实主义的

例 Charles Dickens is the great critical realistic writer.
狄更斯是伟大的批判现实主义作家。

## 小试身手

那晚，他一气呵成，整整写了七页，描述了他的宏图大志：拥有一个属于自己的牧马场。

译 ______________________________

你没钱，没背景，一无所有。

译 ______________________________

不管怎样，都要追随自己的梦想，不要被别人的话所击退。

译 ______________________________

## 短语家族

He wrote about his dream **in great detail** and he even drew a diagram of a 200-acre ranch.

in great detail：极其详细地

造 ______________________________

Look, son, you have to **make up your** own **mind** on this.

make up one' s mind：决定；下决心

造 ______________________________



# 曲而不折地去生活
## Bend, But Don' t Break

● 佚名 / Anonymous

One of my fondest memories as a child is going by the river and sitting idly on the bank. There I would enjoy the peace and quiet, watch the water rush downstream, and listen to the chirps of birds and the rustling of leaves in the trees. I would also watch the bamboo trees bend under pressure from the wind and watch them return gracefully to their upright or original position after the wind had died down.

When I think about the bamboo tree' s ability to bounce back or return to its original position, the word **resilience** comes to mind. When used in reference to a person this word means the ability to readily recover from shock, depression or any other situation that **stretches** the limits of a person' s emotions.

Have you ever felt like you are about to snap? Have you ever felt like you are at your breaking point? Thankfully, you have **survived** the experience to live to talk about it.

During the experience you probably felt a mix of **emotions** that threatened your health. You felt emotionally drained, mentally exhausted and you most likely endured unpleasant physical symptoms.

Life is a mixture of good times and bad times, happy moments and unhappy moments. The next time you are experiencing one of those bad times or unhappy moments that take you close to your breaking point, bend but don' t break. Try your best not to let the situation get the best of you.



回想起童年，我最美好的回忆便是在小河边漫步，或懒懒地坐在河岸边。我可以静静地享受那份悠闲，看着流水潺潺，倾听着鸟鸣啾啾，树声萦耳。除此之外，我还喜欢看那片竹林。清风拂来，它们全都被压弯了腰；风势渐微，它们又都优雅地挺立起来，恢复之前的姿态。

每次我想到竹子从弯曲中重新挺拔身姿时，“韧性”一词便会在脑海中浮现。用这个词来描述人，即指此人轻松地从震惊、沮丧或其他心理极限的考验中恢复过来的能力。

你是否曾有过自己马上就要折断的感觉呢？是否曾有过自己已经到了崩溃边缘的感觉？感谢上帝，你历经磨难，现在才有机会去追忆那不堪回首的往事。

在那一段经历中，你也许感到交织的情绪正侵蚀着你的健康。你感到心灵麻木、脑力枯竭，甚至你正经受身体的各种不适。

人生跌宕起伏，悲欢交织。 当不幸或痛苦再一次将你带到崩溃的边缘时，切记：曲而不折。努力吧，不要让这样的困境埋没杰出的你。

**词汇笔记**

resilience [ri'ziljəns] *n.* 还原能力；弹力；韧性

例 She has shown great resilience to stress.

她对压力表现出了极大的适应能力。

stretch [stretʃ] *v.* 伸展；拉紧；延伸

例 Summer is the time for growing , and all the growing things stretch up to meet the hot sunshine.

夏天是生长发育的季节，正在发育的万物舒展开来，去迎接火热的阳光。

survive [sə'vaiv] *v.* 比……活得长；经历……之后还存在

例 She survived her husband by twenty years.

她丈夫去世后，她又活了二十年。

emotion [i'məuʃən] *n.* 情绪；情感

例 Love is a strong emotion.

爱是一种强烈的情意。

**小试身手**

清风拂来，它们全都被压弯了腰；风势渐微，它们又都优雅地挺立起来，恢复之前的姿态。

译 ____________________

感谢上帝，你历经磨难，现在才有机会去追忆那不堪回首的往事。

译 ____________________

当不幸或痛苦再一次将你带到崩溃的边缘时，切记：曲而不折。

译 ____________________

**短语家族**

...watch them return gracefully to their upright or original position after the wind had **died down**.

die down：逐渐消失

造 ____________________

When used **in reference to** a person this word means the ability to readily recover from shock...

in reference to：关于

造 ____________________



# 对你有益的错误
## Good Mistakes

● 戴夫·鲍尔奇 / Dave Balch

It' s good to make mistakes, and here' s why.

First of all, mistakes are a clear sign that you are trying new things. It' s always good to try new things because when you are trying new things you are growing. If you never try anything new, how can you improve? How can you expand? How can you **innovate**? The simple answer is, "You can' t." Look around you. With very few exceptions, either everything you see in your physical world or every single detail of every single thing is the result of someone trying something new.

Another good thing about mistakes is this: when you are making mistakes, you are learning. Consider this: Edison failed 10,000 times before he perfected the light bulb. When asked how it felt to fail that many times, he **remarked** that he hadn' t failed 10,000 times, but rather had learned 10,000 things that didn' t work.

Finally, when you make a mistake you are that much closer to success. Why?

Because when all is said and done, you will have tried some finite number of things before you succeeded. Every time you made a mistake you **eliminated** one of those things and are one step closer.

But this all doesn' t mean that you should forge ahead with disregard for the consequences of a mistake. Quite the contrary, when you try something new you have to be willing to set some reasonable limits so that, in the event that it doesn' t work out the way you want it to, you will be in a position to try again.

We all have limited resources in the form of time and money so don' t blow them all on one approach to a problem. Realize that it probably won' t be perfect the first time and **allocate** these resources appropriately so you can learn, modify, and try it again. Only by embracing and using your mistakes in this way can you make significant advances in your business and your career.

There is an old axiom that goes, "If you' re not making mistakes, you' re not trying hard enough."

So go forth and make mistakes. And learn. And grow. And prosper.



犯错是有益的，原因如下。

首先，错误清晰地显示出你正在探索新事物。尝试新事物总

是好的，因为你会在这个过程中不断地成长。假如不去尝试任何新事物，你怎能进步？怎能发展？又何以创新？答案很简单：“你不能。”看看周围，几乎毫无例外，你在客观世界看到的每一件事，抑或每一件事的每一个细节，都是有人尝试新事物的结果。

犯错的另一个益处是：在犯错的过程中，你也在学习。设想一下，爱迪生创造出电灯泡前失败了一万次。当有人问他失败那么多次，有什么感觉时，爱迪生回答，自己不是失败了一万次，而是知道了一万种不起作用的事物。

最后，犯错之时恰恰是你更接近成功之日。这是什么原因呢？

因为在成功前，说了该说的，做了该做的，你所要进行的尝试是有限的。每犯过一次错误，那些所要做的尝试就会少一个，因此，你离成功也就更近了一步。

然而这一切并不表明你就应该一味地往前冲，而不在意每一个错误的后果。恰恰相反，每当尝试新事物时，你就应该主动设定一些合理的限度，以防当事态不像你所期待的那样发展时，你可以再试一次。

我们所拥有的时间和金钱的资源都是有限的，所以不要局限在一棵树上，不要把所有的时间和金钱都投入到一个问题的解决办法上。要知道，第一次也许不会完美，要合理地安排这些资源，这样你就能够学习、改进，并进行再一次的尝试。唯有通过这种方式，快乐地接受并利用你的错误，你才能在业务和事业上取得重大进步。

有一句古语这样说：“假如你没犯错误，就表明你未曾尽力。”

因此，勇往直前，去犯错误吧。然后学习、成长，最后成功。

**词汇笔记**

innovate ['inə,veit] *v.* 改革；创新

例 After the acquisition, the business model which can be retained and which need to innovate, it may still need to see.
收购以后，哪些营业模式可以保留，哪些需要创新，可能还需要再看看。

remark [ri'mɑ:k] *v.* 谈论；说；谈到

例 A local newspaper remarked that crime was on the decrease.
一家地方报纸评论说，犯罪案件在减少。

eliminate [i'limineit] *v.* 消除；排除；淘汰

例 But many in the markets worry that rapid US growth will not be sustained long enough to eliminate the large excess capacity.
但许多市场人士担心，美国经济的迅速发展不会持久，从而无法消除巨大的过剩生产能力。

allocate ['æləkeit] *v.* 分配；派；把……拨给；划……归

例 The water resources crisis makes it critical to allocate and use water resources reasonably.
水资源危机使得合理分配和利用水资源非常重要。

**小试身手**

尝试新事物总是好的，因为你会在这个过程中不断地成长。

译 ______________________________

犯错之时恰恰是你更接近成功之日。

译 ______________________________

假如你没犯错误，就表明你未曾尽力。

译 ______________________________

**短语家族**

...**in the event that** it doesn' t work out the way you want it to, you will be in a position to try again.

in the event that：如果；万一；在……情况下

造 ______________________________

So **go forth** and make mistakes.

go forth：向前；发布

造 ______________________________



# 生命是一首交响乐

## The Symphony Is a Way of Life

● 佚名 / Anonymous

The **auditorium** is full of people conversing in the audience. On the stage the performers are **shuffling** their music and tuning their instruments as they prepare for the performance. The conductor enters, takes a bow, and all is silent. He raises his baton and the **symphony** begins to play. All of the instruments have different sounds, and the parts they play blend and harmonize with one another. The music would not be as exciting if every part were the same. The symphony is a symbol for life, especially in a community. Diversity and the coming together of each instrument is what gives the symphony its unique and special sound. This is also true in life and the world we live in. Individuals bring in their own input that influences others.

A symphony orchestra is composed of a variety of brass, woodwind, **percussion** and stringed instruments. Each of

these instruments has its own unique sound but when played together they complement each other. Like a symphony and its instruments, the world is composed of many races and cultures. They are uniquely different but can have an influence on each other even if it is not intentional. If you are walking down the street, for example, and move out of the way so as not to bump into someone, they are influencing your actions when you move inside.

Individuality is an important part of the symphony. Each player has his or her own part to perform. These parts can be played on their own but do not have the same effect as when they are combined with the other parts of the orchestra. They blend into a harmonious piece of music. In other words, you can hear what each person has to contribute and how each performer works together. In life, each person has a talent that they are particularly good at. When they work together, it accentuates their talent. A surgeon can be very gifted but is more capable of saving a life if he has a team of medical personnel assisting him.

In an essay called "The Gospel of Wealth", Andrew Carnegie discussed his views on wealth, the public good, and individualism. He described individualism as "a nobler ideal that man should labor, not for himself alone, but in and for a brotherhood of his fellows, and share with them all in common." Carnegie felt that individuality was important, but should not be taken so far that it separates everyone from each other. Each person should contribute their own ideas that better help the community as a whole.

Another similarity between life and the symphony is that a

performer may not always have the melody but will accompany someone who does. Or in another case, a performer will not always have a solo and the chance to be in the spotlight. In life, everybody has their moments of glory although they may go unnoticed like the accompanist. This does not mean, however, that they are any less important than anyone else. The melody does not stay with one instrument for the whole song but moves throughout the orchestra. As in life, everyone eventually has their moment to shine and their chance to be in the spotlight.

When preparing for a concert, the musicians are reminded by their conductor to stagger their breathing. They can, of course, breathe when they need to but they have to try not to breathe at the same time as the person sitting next to them. If everyone breathed at the same time, there would be a noticeable moment of silence in the song. This is yet another example that can be applied to life.

The orchestra continues to play. It moves together as a group yet separately, with each person contributing their own part. Each musician is an active member of the symphony. We more together in life, contributing what we have to offer from day to day as active members in our community. The orchestra plays their last note and the song is over. There is a moment of silence that is broken by the applause of the audience.



观众们都在交谈着。舞台上的表演者正在为表演调试着音乐

和乐器。指挥登台后鞠了一个躬，全场一片寂静。他的指挥棒一挥，交响乐随之响起。所有的乐器都发出不同的声音，各个部分的声音混合得相当协调。如果乐器的每一个部分都是一样的，音乐就不会如此激昂。交响乐就是生命的象征，特别是在团队中，多种乐器交织在一起，才会演奏出唯一而独特的声音。我们的生命和所居住的世界也是如此。每个人都带来他们的不同，而这种不同又影响着其他人。

交响乐队是由许多种类的铜乐器、木管乐器、打击乐器和弦乐器组成的。每一种乐器都有着独特的声音，但是当它们一起演奏时，又会产生互补的效果。整个世界就像交响乐和交响乐器一样，由许多种族和文化构成。他们拥有各自的不同点，却又在不经意间彼此影响着。比如，你在街上散步，为了不碰到某人，你会绕着他走。事实上，当你向里挪动时，他们正影响着你的行为。

每个人都是交响乐中重要的一部分。每一位演奏者都有各自的演奏任务。这些部分都可以演奏出自己的音乐，但是与乐队中的其他部分合奏时，他们就会产生不同的效果。他们混合在一起就成为音乐的和谐部分。换言之，你能听到每一个人所作出的贡献，也能听到每一位演奏者是怎样共同合作的。在生活中，每一个人都拥有各自的特长。当他们共同合作时，就更强调了他们每个人的独特能力。一位外科医生是很有能力的，但是，如果他加入医疗组，在别人的协助下，他拯救生命的能力就能更好地发挥了。

在一篇名为《健康福音书》的散文中，安德鲁·卡耐基论述了他在健康、公共财产以及个人主义方面的观点。他将个人主义描述为“一个人不应该只为自己劳作，而要为他的兄弟姐妹而活，并与他们分享一切，这是一种高尚的理想”。卡耐基认为个性是非常重要的，但也不能与他人太过偏离。每个人都应该贡献自己的观点，以便更好地帮助整个社会。

生活和交响乐之间的另一点相似之处在于，演奏者也许不会一直奏出悦耳的音调，但他可以为拥有悦耳音调的人伴奏。或

者还有另一方面，演奏者不会一直表演独奏，也不会一直有作为焦点的机会。在生命中，每个人都有其光荣的时刻，即使他们或许会像伴奏者那样被人忽视。但这也并不意味着他们不比别人重要。整首歌曲的悦耳音调不会只停留在一个乐器上，而是由整个乐队演奏出来的。生活中亦是如此，每个人最终都会有发光的时刻，也会有成为聚焦的机会。

当一场音乐会正在准备时，指挥会提醒音乐家交错着呼吸。在需要呼吸的时候，音乐家们当然可以呼吸，但是不可以与邻座的人在同一时间呼吸。如果大家同时呼吸，那么他们的呼吸声就会在音乐中的寂静时刻凸现出来。

乐队继续演奏着。他们虽然是分离的个体，. 但又组合成一个团队。每一位音乐家都是交响乐中的积极分子。在生活中，我们更加团结，作为这个团体中的积极分子，我们每天贡献着自己能够做到的一切。乐队演奏完他们乐曲中的最后篇章，音乐结束了。观众们雷鸣般的掌声打破了片刻的寂静。

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生命是一首交响乐，只有多种乐器的相互交织，才可能奏出独特的声音。生活中每个人都是独立的音符，而只有人们相互配合才能奏出美妙的曲子。假如你是一个特别的音符，那么与人合作，会使你的独特性得到完美展现；假如你感觉自己只是一个普通音符，那么通过配合，你将发现自己独特的价值。

## 词汇笔记

auditorium [ˌɔːdiˈtɔːriəm] *n.* 听众席；观众席；会堂；礼堂

例 Last night, the 2009 Academy Awards were presented at the Shrine Auditorium in Los Angeles, the USA.

昨晚，2009年的奥斯卡奖的颁奖仪式在美国洛杉矶的神殿大会堂举行。

shuffle [ˈʃʌfəl] *v.* 拖着（脚）走；跳（曳步舞）

例 The audience began to shuffle (their feet) impatiently.

观众已经不耐烦了，渐渐跺起脚来。

symphony [ˈsimfəni] *n.* 交响乐；交响曲

例 Love is a symphony in which the sweetest notes are kisses.

爱情是一首交响曲，其中最美妙的音符是吻。

percussion [pəˈkʌʃən] *n.* 打击乐器

例 In an orchestra, people who play percussion instruments sit at the back.

在管弦乐队中，演奏打击乐器的人会坐在后面。

## 小试身手

交响乐就是生命的象征，特别是在团队中，多种乐器交织在一起，才会演奏出唯一而独特的声音。

译 ______________________________

一个人不应该只为自己劳作，而要为他的兄弟姐妹而活，并与他们分享一切，这是一种高尚的理想。

译 ______________________________

生活中亦是如此，每个人最终都会有发光的时刻，也会有成为聚焦的机会。

译 ______________________________

## 短语家族

...and the parts they play blend and **harmonize with** one another.

harmonize with：协调

造 ______________________________

...for example, and move out of the way so as not to **bump into** someone...

bump into：偶然碰到；撞见

造 ______________________________



# 成功的DNA密码

## The DNA of Success

• 厄尔 · 曼 / Earl Mann

Today we' re going to talk about DNA: that thing that makes you who you are, that thing that makes you who you can become, that thing that is coded into your **essence** and determines what your capacity is, what your limits are!Your DNA is your "Decisions and Actions." That' s what determines who you are!

If you do enough research and listen to enough scientists on human **potential**, they will tell you that you are precisely where you are in life because of the decisions and actions that you' ve taken up to this point. Understanding this is critical to going forward with success. If you are today the result of all the decisions and actions up to this point, then who you are tomorrow will be the result of all the decisions and actions you take between now and then. So, understanding that, getting your hands and mind around this DNA, is the key. Every

decision you make, every action you take is either in support of or in opposition to your achievement of whatever you have determined as your own individual success.

But understand this: If you have the winner' s DNA, everything changes. Everything is changing. You look out into the world and you see **allies** instead of enemies. You see keys instead of locks. You see solutions instead of obstacles. Getting your mind around these "Decisions and Actions" makes your path to your individual goals that much clearer. People with the winning DNA don' t **request** that the path to their success be easy. They don' t even request that it be fair. They just request that it be worth it because if they know that it' s worth it, then they can do whatever is necessary to achieve it. All that is necessary, the only thing that is necessary, is that you understand that the only thing between you now and you where you want to be is all the "Decisions and Actions" that you can squeeze in between.

Give yourself a DNA test. Ask yourself, "What are the decisions I am making and what are the actions I am taking? Why am I making those decisions? Why am I taking those actions? Where are those decisions taking me? Where are those actions leading me? Are they taking me to a place that is worth it?" If they are, then we will all see you when you arrive; because there is nothing on this planet that can stop you.

Decide. Act. And expect a great day!



今天，我们来讨论一下什么是DNA。DNA创造了你本身，决定着你能够成为什么样的人，它造就了你的本性，决定着你的能力和缺陷。你的DNA是你的“决定和行动”，是决定你之所以是你的因素。

在人类潜能方面，假如你能作充分的研究，并听取众多科学家的建议，他们就会告诉你先前的所有决定和行动决定了你此时在生活中的位置。理解这一点，对于迈向成功尤为重要。假如今天的你是由你先前的决心和行动所致，那么明天的你将由你现在和以后的所有决定和行动控制。所以，理解了这些，让你的双手和思想围绕这种DNA而行动，这是重点所在。你所作的每个决定，采取的每一次行动，或者有助于你沿着内心的成功之路前进，或者与之相悖。

然而要懂得这一点：假如你拥有赢家的DNA，一切就会改变。一切都处于变化之中。纵观全世界，你看到的是朋友而非敌人，是钥匙而非枷锁，是解决方法而非阻碍。心中怀着这些“决定和行动”会让你通往个人目标的道路更加畅通。拥有赢家DNA的人是不会要求让自己的成功之路平坦无阻的。他们甚至不会要求这条路是公平的，而是希望这条道路是值得拼搏的，因为假如知道这一切付出是值得的，他们就能够付出所有必要的努力去实现梦想。你要知道，在此时的你与你理想中的自己之间，你所能塞入的所有东西也是唯一的东西，就是决定和行动。

测试一下自己的DNA。问问你自己：“我现在作的是什么决定，采取的是什么行动？我为什么要作那些决定？为什么要采取那些行动？那些决定将会把我带到什么地方？那些行动将会指引我走向何方？它们会带领我走向值得拼搏的地方吗？”假如它们能，那么当你到达目的地时，我们都会看见你，因为这个世界上没有什么能够阻挡你。

作出决定，采取行动。那样你就会拥有意义非凡的一天！

**词汇笔记**

essence ['esns] *n.* 本质；实质；要素

例 The essence of language is communication.
语言的本质是沟通。

potential [pə'tenʃəl] *n.* 潜力；潜势；可能性

例 She has acting potential, but she needs training.
她有表演潜力，但需要训练。

ally [ə'lai] *n.* 同盟国；同盟者；支持者

例 Turkey is a key ally in a region where America has too few.
土耳其是美国在中东地区为数不多的关键盟友之一。

request [ri'kwest] *v.* 请求；要求

例 I request your help and support!
我请求您的帮助和支持。

**小试身手**

你要知道，在此时的你与你理想中的自己之间，你所能塞入的所有东西也是唯一的东西，就是决定和行动。

译 ______________________________

这个世界上没有什么能够阻挡你。

译 ______________________________

作出决定，采取行动。那样你就会拥有意义非凡的一天！

译 ______________________________

**短语家族**

...that you' ve taken **up to this point.**

up to this point：到目前为止

造 ______________________________

...every action you take is either **in support of** or in opposition to your achievement of whatever you have determined...

in support of：支持；拥护

造 ______________________________



# 弱点有时给你最大的力量

## Weakness or Strength

● 佚名 / Anonymous

Sometimes your biggest weakness can become your biggest strength. Take, for example, the story of one 10-year-old boy who decided to study judo despite the fact that he had lost his left arm in a **devastating** car accident.

The boy began lessons with an old Japanese judo master. The boy was doing well, so he couldn' t understand why, after three months of training, the master had taught him only one move.

"Sir," the boy finally said, "shouldn' t I be learning more moves?"

"This is the only move you know, but this is the only move you' ll ever need to know," the master replied.

Not quite understanding, but believing in his teacher, the boy kept training.

Several months later, the master took the boy to his first

**tournament**. Surprising himself, the boy easily won his first two matches. The third match proved to be more difficult, but after some time, his opponent became impatient and charged; the boy **deftly** used his one move to win the match. Still amazed by his success, the boy was now in the finals.

This time, his opponent was bigger, stronger, and more experienced. For a while, the boy appeared to be overmatched. Concerned that the boy might get hurt, the referee called a time-out. He was about to stop the match when his judo master **intervened**.

"No," the judo master insisted, "Let him continue."

Soon after the match resumed, his opponent made a critical mistake: he dropped his guard. Instantly, the boy used his move to pin him. The boy had won the match and the tournament. He was the champion.

On the way home, the boy and his judo master reviewed every move in each and every match. Then the boy summoned the courage to ask what was really on his mind.

"Sir, how did I win the tournament with only one move?"

"You won for two reasons," the master answered. "First, you' ve almost mastered one of the most difficult throws in all of judo. Second, the only known defense for that move is for your opponent to grab your left arm."

The boy' s biggest weakness had become his biggest strength.



有时，一个人的最大弱点将会变成他的最大优势。有这样一个故事，故事的主人公是一个10岁的男孩。一次可怕的车祸夺走了他的左臂，然而他决定对抗现实去学习柔道。

男孩开始向一位年长的日本柔道师傅学习。他做得很好，不过他不明白为什么师傅训练了他三个月，却只教给他一个动作。

“先生，”男孩终于问道，“我们应该学习别的动作了吧？”

“这个动作是你学到的唯一的动作，不过也是你唯一需要学习的动作。”师傅回答说。

男孩不明白师傅的话，可他相信自己的老师。因此，他继续练习这个动作。

几个月后，师傅带着徒弟参加了他的第一次柔道锦标赛。令男孩惊讶不已的是，他非常轻松地取得了头两场比赛的胜利。第三场比赛比前两场要困难得多，不过经过一番比试，男孩的对手开始渐渐变得急躁和冲动，因此男孩熟练地用他的独招战胜了对手。仍然惊讶于自己的胜利的男孩，此时打入了决赛。

这回，比赛对手块头更大、更强壮、更有经验了。有一段时间，男孩有些招架不住。裁判担心男孩可能会受伤，便叫了暂停。就在裁判将要终止比赛的时候，师傅阻止了他。

“不要停下，”师傅坚持说，“让他比下去。”

比赛立即重新开始。这时，男孩的对手犯了一个致命的错误：他放松了警惕。刹那间，男孩用他的独招牵制住了对手。男孩获胜了，他战胜了所有的对手，成为冠军。

在回家的路上，男孩和师傅沉浸在每场比赛的每个动作之中。男孩鼓起勇气问师傅心里是怎么想的。

“师傅，我为什么只用一个动作就赢得了冠军？”

“你赢得冠军有两个原因，”师傅回答说，“第一，你已经掌握了柔道中最难学的一个摔打动作。第二，对于你的对手而言，能够防御这个动作的唯一办法就是抓住你的左臂。

男孩最大的弱点成了他的强项。

**词汇笔记**

devastating ['devəsteitiŋ] *adj.* 毁灭性的

例 Mountains create their own weather and in the biggest range in the world, this can have a devastating intensity.
山脉创造了它们自己的气候，在世界上绝大多数范围内，这种气候可能造成极大破坏。

tournament ['tuənəmənt] *n.* 锦标赛；联赛

例 He was the best boxer in the tournament.
他是本届联赛的最佳拳手。

deftly ['deftli] *adv.* 灵巧地；熟练地；敏捷地

例 She deftly wove the flowers into a garland.
她灵巧地把花编成了一个花环。

intervene [ˌintə'viːn] *v.* 干涉；干预；调解；干扰；阻碍

例 People feel international organizations must be set up to intervene in world affairs to resolve these problems.
环境问题已变得如此重要，以至于人们觉得有必要成立国际组织，并介入国际事务解决这些问题。

**小试身手**

有时，一个人的最大弱点将会变成他的最大优势。

译 ______________________________

有一段时间，男孩有些招架不住。

译 ______________________________

男孩获胜了，他战胜了所有的对手，成为冠军。

译 ______________________________

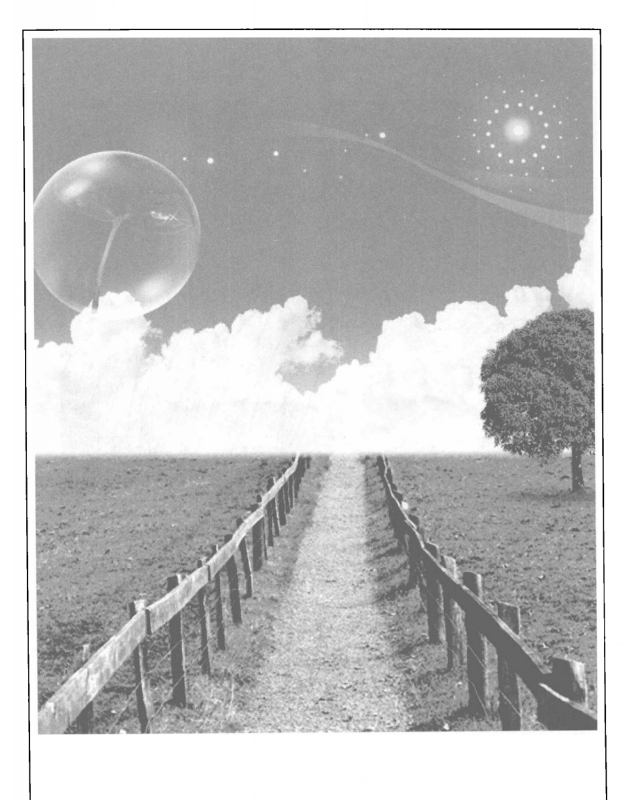
**短语家族**

**Concerned that** the boy might get hurt, the referee called a time-out.
concern that：担心

造 ______________________________

He **was about to** stop the match when his judo master intervened.
be about to：即将；打算

造 ______________________________



当你青春已逝，在黑暗的群山中举步维艰、跌跌撞撞时，你才会痛心疾首、徒劳无功地呼喊：“啊，回来吧，青春！啊，把我美好的年华还给我吧！”



对于那些力所不能及的事情，

不要怯于尝试，要敢于冒风险；

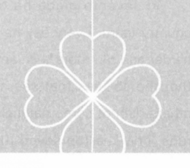
不要踌躇不前，走出去，大胆去做。

毕竟，生命的意义不就在于此吗？

# 第三卷

## 一生最大的收获

## Catch of a Lifetime





# 从不说做不到

## We Never Say We Couldn't Do It

● 佚名 / Anonymous

My son Joey was born with club feet. The doctors **assured** us that with treatment he would be able to walk normally, but would never run very well. The first three years of his life were spent in **surgery**, casts and braces. By the time he was eight, you wouldn't know he had a problem when you saw him walk.

The children in our neighborhood ran around as most children do during play, and Joey would jump right in and run and play, too. We never told him that he probably wouldn't be able to run as well as the other children. So he didn't know.

In seventh grade he decided to go out for the cross-country team. Every day he trained with the team. He worked harder and ran more than any of the others, perhaps he **sensed** that the abilities that seemed to come naturally to so many others did not come naturally to him. Although the entire team runs, only the top seven runners have the potential to score

points for the school. We didn't tell him he probably would never make the team, so he didn't know.

He continued to run four to five miles a day, every day–even the day he had a 103–degree fever. I was worried, so I went to look for him after school. I found him running all alone. I asked him how he felt. "Okay," he said. He had two more miles to go. The sweat ran down his face and his eyes were **glassy** from his fever. Yet he looked straight ahead and kept running. We never told him he couldn't run four miles with a 103–degree fever. So he didn't know.

Two weeks later, the names of the team runners were called. Joey was number six on the list. Joey had made the team. He was in seventh grade—the other six team members were all eighth–graders. We never told him he shouldn't expect to make the team. We never told him he couldn't do it. We never told him he couldn't do it... so he didn't know. He just did it.



儿子乔伊出生时，是畸形足。医生很确定地说，小乔伊经过治疗，像正常人一样走路是没问题的，但是像正常人一样跑步几乎是不可能的。乔伊三岁前一直与支架和石膏模子形影不离，从未间断过治疗。八岁时，他走路的样子已趋于正常，几乎看不出他的腿曾有过毛病。

邻居家的孩子们总是追逐嬉戏，小乔伊也会跑去和他们一起玩。我们从未告诉过他不能像其他孩子那样跑，我们也从未告诉他与别的孩子有什么不一样。所以，他也一直不知道这些。

七年级时，乔伊决定参加越野队。每天他都要和大家一起接受训练，比任何人都卖力，或许是因为他意识到自己天生没有运动的天赋。训练成绩在前七名的选手有资格参加最后的比赛，有机会为学校争得荣誉。我没告诉他，他很可能不会胜出，对此他全然不知。

他每天坚持跑四五英里，即使是发着高烧，也从不耽误。那次，我很担心，便在放学时去学校看他。我发现他独自在跑步。我问他感觉如何。“很好啊！”他说。还剩两英里了，他满头大汗，因为发烧，眼神也失去了往日的光彩，然而他全神贯注地坚持跑步。我们从未告诉他，发着高烧不可以跑四英里的路。我们没告诉他，他对此也全然不知。

两周后，入围队员的名单确定下来了。乔伊名列第六名。他入选了！只有他是七年级学生，而另六名队员都是八年级的。我们从没有告诉他，不要对入选抱有过高的期望，我们也从没有对他说过他不能做这，不能做那……所以，他一直认为自己什么都可以做到，他也确实做到了！

人类最大的敌人是自己，只要战胜自己，便可所向披靡。我们常说“初生牛犊不怕虎”，为什么这么说呢？原因很简单，成年人丰富的社会经验，使他们更容易为自己设置心理障碍，做起事来畏首畏尾。相反，年轻人没有那么多经历，也就少了很多理所当然的心理恐惧，因而更容易成功。

**词汇笔记**

assure [əˈʃuə] *v.* 使相信；使确信；向……保证

例 We assure you that such things will not happen again in our future deliveries.
我们向您保证，类似的情况绝不会在今后交货时再次发生。

surgery [ˈsə:dʒəri] *n.* 外科手术；外科学

例 Organ transplant not only needs accurate surgery but also have a stable source of organs.
器官的移植不仅需要精确的外科手术，而且要有稳定的器官来源。

sense [sens] *v.* 感觉到；意识到；发觉

例 I can sense the tension before the exam.
我可以感觉到考试前紧张的气氛。

glassy [ˈglæsi:] *adj.* （眼神）呆滞的；无生气的

例 The woman slowly turned her head toward him and he saw that her eyes were glassy and distant.
那女人慢慢把头转向他，他这才看见她的眼睛是漠然的。

**小试身手**

每天他都要和大家一起接受训练，比任何人都卖力，或许是因为他意识到自己天生没有运动的天赋。

译 ____________________

他每天坚持跑四五英里，即使是发着高烧，也从不耽误。

译 ____________________

他满头大汗，因为发烧，眼神也失去了往日的光彩，然而他全神贯注地坚持跑步。

译 ____________________

**短语家族**

In seventh grade he decided to **go out for** the cross-country team.
go out for：（运动员、运动队）尽力参加选拔赛

造 ____________________

Although the entire team runs, only the top seven runners **have the potential** to score points for the school.
have the potential：有潜力；有可能

造 ____________________



# 摆脱失业的困扰

## Getting over the Job-loss Blues

● 谢里尔 · 理查森 ／ Cheryl Richardson

Pick up almost any newspaper today, and you' re bound to see a story about **layoffs**. If you' re one of the unlucky ones (or if a family member is), you may find yourself feeling overwhelmed, disoriented, or just plain scared.

Losing a job is considered one of the five most stressful life changes you can experience. Those who have been there say it feels like being robbed of your identity and is as painful as the loss of a loved one. The anxiety that results can shake up your life. It' s normal to feel **panicky** about finances, nervous about the job search process, or lonely for your old community of coworkers. And many downsized employees are left wondering what they could have done to prevent being let go (even when it clearly wasn' t their fault). Whether you were expecting the cut or were shocked by the news, these emotions can leave you feeling **paralyzed** and unsure of what to do next.

During this time your family members may be dealing with their own fears and sense of loss, adding to the pressure at home. For example, your **spouse** may insist on keeping close tabs on your job search process. Or your children, feeling the tension, may start behaving badly at school.

The first stage of loss is denial and numbness. In this stage you may shut down and feel unmotivated. Denial is one of the mind' s ways of protecting you, but getting stuck in this stage can present additional problems. One woman I know received notice that her job would be eliminated in six months. But she never bothered to prepare a resume or begin networking until the week before she was to leave. Stuck in denial, she believed that something miraculous would happen to prevent the inevitable.

The next stage brings mixed emotion: anger, confusion, sadness, and fear. During this phase you may vacillate between extremes. When my friend Samantha lost her job unexpectedly, she went from screaming in traffic one minute to shaking and sobbing the next. Your feelings of anger or sadness may last minutes, clays, or weeks. The more you express them in healthy ways—working out your anger at the gym, for instance, or sharing your feelings with a trusted friend—the quicker they will pass.

The final stage of loss is acceptance, which most people come to slowly. This is the stage when you begin to come to terms with what' s happened. Reaching a place of acceptance doesn' t have to mean you agree with the company' s actions—just that you' ve decided to move on with your life.

There is no right or wrong way to experience the stages

of loss. Most people move in and out of them over time. For example, you may start sleeping more (or less), eating more (or less), and you may even find yourself remembering other losses. These reactions are normal. They can also serve as a reminder to treat yourself with compassion.

It may be hard to believe at first, but you can ultimately use this experience to your advantage—to find another, perhaps even better job; to strengthen your relationship with your family; and to make some much–needed changes in your life. Here are three essential steps:

Step 1

Get emotional support.

Because it' s easy to feel unsettled and vulnerable, reaching out to others is the key to making a smooth transition. You' ll need people who will listen and provide a safe haven for you to vent, cry, or express your tears and concerns. You can lean on a trusted friend, a fellow coworker in the same situation, or a sibling. In addition, you might want to join an online discussion group(see step 2 below) or a career support group at your church or community center. Your local unemployment offices can provide affordable resources near you.

Have this support in place before you take steps to secure your next position. Too often people bring their anger or bitterness into a job interview only to lose the opportunity and feel even more defeated.

Remember, your spouse and children will be dealing with their own anxiety about your job loss and may not be able to offer you the kind of support you need. You should also avoid

turning to people who add to your stress level or criticize you. Instead, surround yourself with those who can make you feel hopeful and confident about this transition.

Don' t go it alone. It takes courage to ask for help, and yet, help may be what you need most to move forward.

You also need to protect your emotional well–being. If you are required to continue working until a specific deadline, avoid long work hours and get out of the office at lunchtime. Stay away from toxic coworkers who constantly complain. Build confidence by doing something you enjoy and do well. One woman I know, an amateur photographer, made note cards using her favorite photos. The positive feedback she received from friends and colleagues gave her renewed confidence.

Step 2

Seek professional guidance.

Getting assistance from a recruiter or career counselor will not only help you assess your experience and improve your skills it also will ensure that you put your best foot forward. Once again, your local unemployment office should have helpful resources.

Check out the career section of your local bookstore. One of my favorite books is *What Color is Your Parachute*? 2001 by Richard Nelson Bolls. There are great online resource as well. Monster. com offers useful career advice, online success stories, and a variety of message boards—not to mention a large database of open job listings.

If possible, try not to let fear cause you to grab the first new job you' re offered (unless it' s the right one!). Give

yourself time to explore different options. And don' t be afraid to look for a short-term "transition position" that will pay the bills while you continue your search.

Step 3

Strengthen family ties.

Meet with family members to openly discuss your feelings. Listen carefully without interrupting one another, and give everyone a turn to speak.

Once you' ve landed a new job, create your own security. Keep your resume up-to-date, stay in touch with recruiters about the job market, and constantly improve yours skills to stay marketable in your field. Although being downsized can turn your life upside down, many people say that it gave them the push they needed to start a new life!



今天，几乎随便拿起一张报纸，你就能看到有关失业的消息。假如你（或者你的家人）不幸成为其中的一员，你或许会感到被击垮了，无所适从，或者干脆惊慌失措。

失业被人们视为最令人忧心的五种生活变化之一。对于那些尝过苦果的人来说，就好像是被剥夺了自己的身份、失去所爱的人那样痛苦。它所造成的焦躁会扰乱你的生活。对经济的来源感到惊慌失措，忐忑不安地去找工作的过程，抑或因为离开了过去的同事而觉得孤独寂寞——这些都没什么好奇怪的。许多被辞退的员工在思考他们原本可以做些什么，以防被炒鱿鱼（即使明显不是他们的错误）。无论你对裁员是早有耳闻还是备感震惊，这

些情感都会让你感到迷茫，不知道接下来该如何是好。

在这段时间里，你的家人或许也正在面对他们自己的焦虑和失落，这更加重了家庭的负担。例如，你的爱人或许一直紧密关注你找工作的进展情况。你的孩子或许会因为感受到了家里的压力，开始在学校表现不佳。

失落的第一阶段是拒绝接受痛苦的现实，而且表现得麻木不仁。在这个阶段里，你可能会放弃自我并感到毫无动力可言。拒绝接受惨痛的现实是在精神上进行自我保护的一种方法，然而深陷于这一阶段会出现其他问题。我认识一位妇女，她接到一个通知说自己将在六个月后被解雇。然而直到她要被解雇前的一个星期，她都从未准备简历或是开始在网上找工作。她固执地拒绝接受惨痛的现实，相信会发生奇迹，让她躲过这一灾难。

下一阶段带来的是错综复杂的情感：愤怒、困惑、难过以及焦虑。在这个阶段，你或许会徘徊在各种极端之间。当我的朋友萨曼塔意外地失业时，她在与别人交往中会不时地尖叫、颤抖、啜泣。你的怒气或悲哀的感受可能会持续数分钟、数天或者数周。你更多地是用健康的方式发泄情绪，例如，把你的怒气在健身房发泄出来，或者找一个你信任的朋友分享你的感受——它们就会很快消失。

失落的最后一个阶段就是接受。大多数人进入这一阶段是十分缓慢的。这是你开始对所发生的事泰然处之的阶段。到了接受这一地步，并不一定说明你就同意了公司的政策——仅仅是你已经决定继续你的生活而已。

经历失落的每个阶段并没有对错之分。在时间的流逝中，大多数人有过陷入又走出失落的经历。比如说，你或许睡得多了（或少了），吃得多了（或少了），你甚至或许会想起其他失落。这些都是正常的反应，它们还会告诉你要善待自己。

起初，这或许令人难以置信。然而，最后你会通过这个经历让自己有所收获——找到另一个，或许是更好的工作；加强你与家人的关系；作出你生活中迫切需要的改变。以下是三个基本步骤。

## 步骤1

## 获得情感支持

因为人们很容易感到焦虑和脆弱，所以向他人求助是顺利过渡的关键所在。你需要有人听你倾诉，并为你提供一个发泄、哭泣或表达畏惧和忧虑的安全庇护所。你可以依赖一位值得信任的朋友、一个处境相同的同事或兄弟姐妹。另外，你或许想参与一个在线讨论小组（见下面的步骤2）或一个社区中心的职业援助小组。你们当地的失业办公室可以在附近向你提供力所能及的援助。

在你采取措施获得下一个职位前，一定要得到这种帮助。人们过多地将自己的怒气或痛楚带到面试中，结果只能是让你失去机会，徒增挫败感。

切记，因为你的失业，你的配偶和孩子将独自应付这件事所引起的焦虑，他们可能无法提供你所需要的那种帮助。与此同时，你不应该求助于那些会给你增加压力或指责你的人。与之相反的是，要让自己的周围到处都是那些使你感到对过渡充满希望与自信的人。

不要独自应对。求助也是需要勇气的，不过，也许帮助正是你前进所需要的东西。

你还需要保护你的情绪健康。假如要求你继续工作到一个指定的期限，就要防止长时间工作，在午餐时间远离办公室。避开那些牢骚满腹的同事，他们这些人是有毒害作用的。做一些你喜欢又能做得好的事来培养自信心。我认识一位女性，她是一名业余摄影师，她用自己喜爱的相片来制作记事卡。朋友和同事的积极反馈给了她新的自信心。

## 步骤2

## 寻求职业向导

向招聘人或职业顾问寻求帮助，不但有利于你评价自己的经验，提高自己的技能，还能确保你迅速行事。重申一次，你们当

地的失业办公室应该提供有益的就业机会。

查阅当地书店有关职业的书目。书名为《你的降落伞是什么颜色？》，这是我喜爱的一本书。这本书于2001年出版，作者是理查德·尼尔森·博尔斯。网上的资源也相当丰富。Monster.com网站可以为你提供有益的职业建议、在线成功事例以及各类信息板——更不用说数量庞大的空缺职位清单数据库了。

假如可能的话，尽量不要因恐惧失业而抓住提供给你的第一份新工作（除非这份工作合适你），让自己有时间去寻找不同的选择。在你继续寻找工作的同时，不要害怕去找一份短期的仅供度日的“过渡性工作”。

## 步骤3

## 增强家庭纽带

与家人聚在一起如实地讨论你的心情。仔细听取他们的意见，不要互相打断，给每个人提供讲话的机会。

只要你找到了新工作，就要培养自己的安全感。持续更新你的简历，保持与就业市场的招聘人员的联系，并且不断提高自己的技能，以便在自己的领域一直能适合市场的需要。虽然失业会完全打乱你的生活，然而很多人说，这给了他们必要的动力，去开始一种全新的生活。

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失业是每个人职业生涯中都可能遇到的问题，随之而来的失落、沮丧以及来自各处的异样目光——这些都足以使人一蹶不振，但是在一段时间后，就应该冷静下来正视并接受这个现实，同时要通过各种途径寻求帮助，应聘新工作。本文提供了几条不错的建议，帮助失业者顺利过渡，重新找回曾经的自己。

**词汇笔记**

layoff ['leiɔ:f] *n.* 临时解雇；停工；停止活动

例 It seems inevitable that a business should layoff its excess workforce when it is in facing with adverse economic environment.

企业在各种不利的经济环境底下，对过剩的人手进行裁员似乎是无法避免的事。

panicky ['pæniki] *adj.* 恐慌的；由恐慌引起的；易恐慌的

例 When I realised that the necklace is lost, I felt very panicky.

当我意识到那条珍贵的项链不见了，我十分惊慌。

paralyzed ['pærə,laizd] *adj.* 瘫痪的；麻痹的

例 The country was paralyzed by a series of strikes.

一系列罢工使那个国家陷于瘫痪之中。

spouse [spaus] *n.* 配偶

例 What is the best way to keep your spouse happy in the marriage?

在婚姻中让对方幸福的最好方法是什么？

**小试身手**

失落的最后一个阶段就是接受。大多数人进入这一阶段是十分缓慢的。

译 ________________________________________

求助也是需要勇气的。

译 ________________________________________

虽然失业会完全打乱你的生活，然而很多人说，这给了他们必要的动力，去开始一种全新的生活。

译 ________________________________________

**短语家族**

Pick up almost any newspaper today, and you' **re bound to** see a story about layoffs.

be bound to：必然；一定要

造 ________________________________________

...and a variety of message boards—**not to mention** a large database of open job listings.

not to mention：更不用说

造 ________________________________________



# 跨越生活中的磨难

## Getting Past the Potholes of Life

● 凯文 · 霍拉维 / Kevin Holloway

When I was growing up in St. Louis, my mother and father **stressed** to me that in order to succeed in life you must have patience. Take your time and **observe** all things, they said. I wish I had listened to what my mother and father said about patience. Without patience you pass up so many opportunities in life!

I wish that I had practiced patience. I used to race through life like a thief in the night without stopping to think of the dangers or **consequences** of my actions. It' s like I was leaping into the ocean without knowing its depth. It' s times like that that I wished I were like a deer frozen in a car' s headlights. Then I would have had at least a moment to think about what to do.

I learned that patience is something you must have because in 1997 I didn' t have the patience to stay in school and

finish. I was so in a rush to skip class and play with my friends that I let my impatience get the better of me, and I let my high school **diploma** fly by.

I lost my father to a heart attack in 1988. Two years later I lost my mother from a stroke. I wish now that I had taken the time to show them the love they showed me. The biggest thing I noticed was that I hadn' t really paid attention to my life and I didn' t realize how important the people were in my life.

After they died, I went to stay with my Auntie, and I stayed with her for two months before a custody battle began with the courts. They tried to put me into a foster home, but my Auntie fought for four straight months to keep me with her. So now, I still live with her.

Now that I have the patience to sit and learn, I see things differently. For example, I took the time to sit down and make a blueprint of the mistakes and the poor decisions that my impatience caused me over the years.

Because of that I have made the decision to return to school because I got tired of racing through life without an education. I now attend the G. E. D. program at Covenant House in St. Louis, Missouri. Each morning I take a five minute bus ride to the Metrolink. then a twenty minute ride to the Grand Station on the Metrolink, then another ten minute bus ride to get to my classes—two buses and one train to get to school each day. I come here because I like the education that Covenant House provides because the adults take the time to really sit down and help you with the potholes of your life. Now that I have the patience to sit and learn, I see things differently.

Now my goal is to get my G. E. D. and build a solid

foundation for myself. Writing this paper has caused me to think about slowing down and looking at the whole perspective of my life, not focusing on the tempting things such as fancy cars, clothes, and immaterial things. Instead, I plan to focus on education, knowledge of many cultures and backgrounds, the heritage of the United States, and other important things that will help me to become a well-spoken businessman in my city.



我成长于圣路易斯，父母经常对我强调这样一句话："要想做出一番成就，你就必须要有耐心。"他们会说："珍惜时间，用心观察。"我多么希望当初能够听从父母那些关于耐心的话呀！缺乏耐心，你就会错过人生中的许多机会。

我多么希望当初能有耐心呀！过去的生活匆匆而逝，我就如夜间的贼，根本没有停下来思考自己行为的危险性及后果；我就像跳入了大海，却不知道海水有多深一样。有许多次，我都希望自己能像汽车灯前驻足的小鹿，至少有那么一点儿时间，可以容我思考下一步该如何去走。

我明白耐心是你必须要有的东西，因为在1997年，我没有耐心留在学校完成学业，总是想着逃课和朋友们玩乐。结果，我的不耐烦毁掉了我的一些优点，高中毕业证也泡了汤。

1988年，心脏病夺走了父亲的生命。两年后，母亲又死于一种突发病。如今，我对没有抓紧时间回报他们给予我的爱而后悔莫及。我意识到的最大问题就是，我没有在意我的生活，没有意识到这些人在我的生命中有多么重要。

父母去世后，我就和姑妈一起住。两个月以后，姑妈与法院展开了一场监护权的争斗。法院想要把我送到寄养别人孩子的

家庭去，终于，姑妈通过四个月的积极争取，把我留在了她的身旁。时至今日，我仍然和她生活在一起。

如今我可以耐心地坐下来学习，因而看事物的角度也发生了改变。例如，我利用一些时间坐下来，细细分析、总结了过去这些年来因缺乏耐心而导致的错误和所作出的糟糕决定。

正因为如此，我已经决定重返校园，因为我已经厌倦了这种匆忙的生活方式，厌倦了不受教育的生活。现在，我参加了密苏里州圣路易斯盟约大楼的普通教育学位活动。每天早上，我都要坐5分钟的公共汽车到梅特罗林克，然后坐20分钟火车到中心火车站，最后再坐10分钟的公共汽车才能到班上。也就是说，每天都要倒两次汽车、一次火车才能到学校。我之所以到这里来，就是因为我喜欢盟约大楼所提供的教育方式，有人利用一些时间真正地坐在那里，来帮助你战胜生活中的挫折。因为我可以耐心地坐下来学习，因此看事物的角度也有了变化。

现在，获取这个学位和为自己打下坚实的基础就是我的目标。写这篇文章能够使我放慢脚步思考，把生活的全部看清楚，而不是仅仅将目光局限在那些有诱惑力的东西上，如名车、时装以及一些无关紧要的东西。与之相反的是，我计划把精力集中在教育、不同文化和不同背景的知识、美国的传统，以及其他能够帮助我成为这个城市能言善辩的商人的重要内容上。

生命中有许多美好的东西，而人们往往在失去后才意识到拥有时的幸福。我们常说：“树欲静而风不止，子欲孝而亲不待。”儿时的我们面对父母的爱和教育，总是不屑一顾，而等我们历经磨难，意识到这一切后，又常常为时已晚。生活的磨难有时比父母的爱更具有教育意义，磨难会使我们更加理解爱、理解幸福。

词汇笔记

stress [stres] *v.* 强调

例 The English teacher stressed the importance of reading aloud.
英语老师强调了朗读的重要性。

observe [əb'zəːv] *v.* 观察；研究

例 We should observe things using a correct viewpoint to avoid making mistakes.
我们要学会用正确的观点来观察事物，以免犯错误。

consequence ['kɔnsikwəns] *n.* 结果；后果

例 No doubt my impressions were a consequence of stress and of lack of sleep.
毫无疑问，这种种感觉是心情紧张和睡眠不足的结果。

diploma [di'pləumə] *n.* 毕业文凭；学位证书；执照

例 I am learning all the time，the tombstone will be my diploma.
我终生都在学习，墓碑就是我的毕业证书。

小试身手

要想做出一番成就，你就必须要有耐心。

译 ______________________________

我明白耐心是你必须要有的东西。

译 ______________________________

因为我可以耐心地坐下来学习，因此看事物的角度也有了变化。

译 ______________________________

短语家族

**I wish that** I had practiced patience.

I wish that：但愿

造 ______________________________

...because I **got tired of** racing through life without an education.

get tired of：厌倦

造 ______________________________



# 一生最大的收获
## Catch of a Lifetime

● 佚名 / Anonymous

He was 11 years old and went fishing every chance he got from the dock at his family's cabin on an island in the middle of a New Hampshire Lake.

On the day before the bass season opened, he and his father were fishing early in the evening, catching sunfish and perch with worms. Then he tied on a small silver lure and practiced casting. The lure struck the water and caused colored ripples in the sunset, then silver ripples as the moon rose over the lake.

When his peapole doubled over, he knew something huge was on the other end. His father watched with **admiration** as the boy skillfully worked the fish alongside the dock.

Finally, he very **gingerly** lifted the exhausted fish from the water. It was the largest one he had ever seen, but it was a bass.

The boy and his father looked at the handsome fish, gills playing back and forth in the moonlight. The father lit a match and looked at his watch. It was 10 p.m. —two hours before the season opened. He looked at the fish, then at the boy.

"You'll have to put it back, son." he said.

"Dad!" cried the boy.

"There will be other fish." said his father.

"Not as big as this one." cried the boy.

He looked around the lake. No other fishermen or boats were anywhere around in the moonlight. He looked again at his father. Even though no one had seen them, nor could anyone ever know what time he caught the fish, the boy could tell by the clarity of his father's voice that the decision was not **negotiable**. He slowly worked the hook out of the lip of the huge bass and lowered it into the black water.

The creature swished its powerful body and disappeared. The boy suspected that he would never again see such a great fish.

That was 34 years ago. Today, the boy is a successful architect in New York City. His father's cabin is still there on the island in the middle of the lake. He takes his own son and daughters fishing from the same dock.

And he was right. He has never again caught such a magnificent fish as the one he landed that night long ago. But he does see that same fish again and again—every time he comes up against a question of ethics.

For, as his father taught him, ethics are simple matters of right and wrong. It is only the practice of ethics that is difficult. Do we do right when no one is looking? Do we refuse to cut

corners to get the design in on time? Or refuse to trade stocks based on information that we know we aren't supposed to have?

We would if we were taught to put the fish back when we were young. For we would have learned the truth. The decision to do right lives fresh and **fragrant** in our memory. It is a story we will proudly tell our friends and grandchildren. Not about how we had a chance to beat the system and took it, but about how we did the right thing and were forever strengthened.



他11岁那年，一有机会就到新汉普郡湖心岛上他家的小屋码头钓鱼。

在鲈鱼季节来临的前一天，他和父亲傍晚很早就开始准备了。他们用小虫做诱饵来钓太阳鱼和鲈鱼。他在银色的钓钩上放好诱饵，开始练习抛线。钓钩撞到水面上，在夕阳中荡起一片金光闪闪的水波。月亮升起来时，水波就变得银光闪闪。

当钓竿弯下去的时候，他知道线的那一端一定钓到了一条大鱼。他灵巧地在码头边沿和那条大鱼周旋。父亲用赞赏的眼神关注着他。

最后，他很小心地将那条筋疲力尽的鱼从水里拉了出来。这可是他所见过的最大的一条鱼，而且还是条鲈鱼。

男孩和他的父亲凝视着这条漂亮的鱼，它的鳃在月光下一张一翕。父亲点燃一根火柴，看了一下表。现在是10点——离鲈鱼季节的开放时间还有两个小时。他看了看鱼，又看了看儿子。

“你要把它再放回去，儿子。”他说。

“爸爸！”男孩喊。

“还会有其他鱼的。”父亲说。

“但肯定不会像这条一样大。”男孩喊道。

他看了看湖的周围。月光下，周围没有其他渔民或船只。他再一次看着父亲。尽管并没有人看着他们，也没有人知道他们是什么时候钓到鱼的，但从父亲那坚定的声音中，男孩知道这个决定是不容更改的。他慢慢地将钓钩从大鲈鱼的唇上拿下来，然后蹲下来把那条鱼再放回水里。

那条鱼摆了摆强健的躯体，消失在水里。男孩怀疑他再也不可能看到那么大的鱼了。

那件事已经过去34年了。而今，男孩已经成为纽约城里一位成功的建筑师。他父亲的小屋仍然伫立于湖心岛上。他也曾带着自己的儿子和女儿回到同一个码头去钓鱼。

他当时的猜想是对的。他再也没有见过那么大的鱼了，就像很久以前的那天晚上所钓到的那样。但是，在他每次面对道德难题时，那条大鱼总会浮现在他的眼前。

因为正如父亲告诉他的那样，道德就是简单的对和错的问题，困难的是付诸行动。在无人旁观时，我们的行为能否仍然正当？为了将图纸及时送到，我们是否会抄近路？或者在明知不应该的情况下，我们是否会将公司股份卖掉？

当我们年轻的时候，如果有人要让我们把鱼放回去，我们应该那样去做，因为我们将从中学到真理。选择去做正确事情的决定将在我们的记忆里变得深刻而清晰。我们可以把这个故事自豪地讲给我们的朋友和后辈听。这并不是关于如何攻击某种体制并战胜它，而是关于如何去做正确的事情，从而不断完善自己。

**词汇笔记**

admiration [ˌædməˈreiʃən] *n.* 钦佩；赞赏；羡慕

例 No explanation has ever been offered or demanded for the admiration the Chinese have had for hermits.

中国人一直很崇敬隐士，没有人曾经对此作出过解释，也没有人要求解释。

gingerly [ˈdʒindʒəli] *adv.* 小心谨慎地；战战兢兢地

例 In the darkness, he turned to the left, stepping gingerly.

在黑暗中，他向左转，小心地走着。

negotiable [niˈgəuʃəbəl] *adj.* 可谈判的；可协商的；可商量的

例 In retail stores, the prices displayed are firm and generally not negotiable.

零售商品的标价通常是固定的，不可以还价。

fragrant [ˈfreigrənt] *adj.* 芳香的；香的

例 Life is like a cup of coffee. It takes the beans of diligence,the foams of passion and the cinnamon of dreams to smell fragrant.

生活就像杯咖啡。要用勤奋的豆子，加上激情的泡沫，再点缀上梦想的肉桂，才会芳香可口。

**小试身手**

钓钩撞到水面上，在夕阳中荡起一片金光闪闪的水波。

译 ____________________

道德就是简单的对和错的问题，困难的是付诸行动。

译 ____________________

选择去做正确事情的决定将在我们的记忆里变得深刻而清晰。

译 ____________________

**短语家族**

The boy and his father looked at the handsome fish, gills playing **back and forth** in the moonlight.

back and forth：来回地

造 ____________________

**Even though** no one had seen them, nor could anyone ever know what time he caught the fish...

even though：尽管；虽然

造 ____________________



# 迈向成功的第一步——消除你内心的障碍

## Your First Step to Success—Eliminate Inner Obstacles

● 佚名 / Anonymous

Think back to a time in your life when you felt **inspired** and excited to make a **significant** change. Did you go for it or did your inner obstacles get in the way?

Your thoughts and beliefs are the foundation on which you build your success. You can' t build a solid house on a foundation of clay and **debris**, and the same truth holds for your success.

If your thoughts and beliefs are shaky, these internal obstacles will hold you back unless you eliminate them.

Learning to handle obstacles is the best way to stand your ground and succeed. While running away only **undermines** your self–esteem.

Nature presents you with these challenges in order to learn to weather the storm and grow stronger.

To succeed at overcoming obstacles you need to have the

gut not to quit, but to see things through, to have the strong faith to believe more in yourself than in the obstacles and to have the willingness to do what it takes to turn the obstacles around.

This means, you need to stand up to your obstacles and believe you can overcome them. When you attack your obstacles and do something about them, you' ll find that they are not as threatening as they appeared to be at first.

Decide that you will not give up and if something has to give, it will have to be the obstacles and not you.

Standing up to your obstacles imparts you with a sense of accomplishment and reinforces the sense of your inner power. By developing a habit of facing resistance, you instill into your psyche a strong message of endurance and success. This strengthens the faith and the belief in yourself, which helps remind you of the responsibility to yourself.

Sometimes you may have to resort to some other measures to overcome obstacles. If you can' t get through the problem, try going around it, and if you can' t go around it, try getting under it, and if you can' t get under it, try going over it, and if you can' t go over it, just dive straight into it.



回顾一下，在你生命中的某一时刻，你突然灵光一闪，并冲动地想要作出一个重大改变。你会努力争取实现，还是会被内心的障碍阻止了脚步呢？

你的思想和信仰是成功的基础。在泥土和残骸上，你无法建

造出一栋结实的房子，成功也是同样的道理。

如果你的思想和信仰摇摇欲坠，如果你不清除内心的障碍，它们就会阻碍你前进。

学会清理障碍是立足于大地并获得成功的最好办法，而逃避只会有损于你的自尊。

大自然将这些挑战呈现在你面前，是为了让你经受风雨的磨炼，然后更茁壮地成长。

要成功地清除障碍，你需要有决不放弃的勇气，要看清事物的本质。相对于那些障碍，对自己要拥有更强大的信念，还要有清除障碍所必需的主动性。

这意味着你必须勇敢地对抗自身的障碍，要相信自己一定能征服。当你向这些障碍发起攻击并有所行动时，就会发现它们并不像最初看上去的那样可怕。

下定决心，永不放弃。如果一定要有一方让步的话，那一定是障碍，而不是你。

与你的障碍对抗，你将获得一种成就感，它会使你内心的力量变得强大。培养一种直面反抗困难的好习惯。你就可以慢慢地给心灵灌输一种忍耐和成功的强大信念。这会使你自身的信仰和信心有所增加，从而有助于提醒你对自己负责。

要清除障碍，有时你还要采取其他办法。如果你不能扫除障碍，就试着绕过去；如果无法绕过去，那就控制它；如果控制不了，那就跳过去；如果无法跳过，那就径直冲过去。

**词汇笔记**

inspired [in'spaiəd] *adj.* 有创造力的；有雄心壮志的；有灵感的

例 Even a mere glance would make you moved and inspired.
甚至仅仅只是一瞥也会给你感动和鼓舞。

significant [sig'nifikənt] *adj.* 重要的；重大的；可观的；有重大意义的

例 This is one of the most significant studies of the subject.
这是对该课题最重要的研究之一。

debris [də'bri:] *n.* 散落的碎片；残渣；垃圾；废弃物

例 After the bombing there was a lot of debris everywhere.
轰炸过后到处是一片残骸。

undermine [ˌʌndə'main] *v.* 暗中破坏；逐渐削弱

例 Don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.
不要拿自己和他人作比较，然后来贬低自己的价值。这是因为我们都是不同的，每个人都是特殊的。

**小试身手**

你的思想和信仰是成功的基础。

译 ______________________________

学会清理障碍是立足于大地并获得成功的最好办法，而逃避只会有损于你的自尊。

译 ______________________________

下定决心，永不放弃。如果一定要有一方让步的话，那一定是障碍，而不是你。

译 ______________________________

**短语家族**

Did you **go for** it or did your inner obstacles get in the way?

go for：追求；争取

造 ______________________________

Sometimes you may have to **resort to** some other measures to overcome obstacles.

resort to：依靠

造 ______________________________



# 失败者的学校
## A School for Failures

● 塞隆 · Q. 迪蒙 / Theron Q. Dumont

The man that is chosen at the **crucial** time is not usually a genius; he does not possess any more talent than others, but he has learned that results can only be produced by **untiring** concentrated effort. That "miracles," in business do not just "happen." He knows that the only way they will happen is by sticking to a **proposition** and seeing it through. That is the only secret of why some succeed and others fail. The successful man gets used to seeing things accomplished and always feels sure of success. The man that is a failure gets used to seeing failure, expects it and attracts it to him.

It is my opinion that with the right kind of training every man could be a success. It is really a shame that so many men and women, rich in ability and talent, are allowed to go to waste, so to speak. Some day I hope to see a millionaire **philanthropist** start a school for the training of failures. I am sure

he could not put his money to a better use. In a year' s time the science of practical psychology could do wonders for him. He could have agencies on the lookout for men that had lost their grip on themselves; that had through indisposition weakened their will; that through some sorrow or misfortune had become discouraged.

At first all they need is a little help to get them back on their feet, but usually they get a knock downwards instead. The result is that their latent powers never develop and both they and the world are the losers. I trust that in the near future, someone will heed the opportunity of using some of his millions in arousing men that have begun to falter. All they need to be shown is that there is within them an omnipotent source that is ready to aid them, providing they will make use of it. Their minds only have to be turned from despair to hope to make them regain their hold.

When a man loses his grip today, he must win his redemption by his own will. He will get little encouragement or advice of an inspiring nature. He must usually regain the right road alone. He must stop dissipating his energies and turn his attention to building a useful career. Today we must conquer our weakening tendencies alone. Don' t expect anyone to help you. Just take one big brace, make firm resolutions, and resolve to conquer your weaknesses and vices. Really none can do this for you. They can encourage you; that is all.

I can think of nothing, but lack of health, that should interfere with one becoming successful. There is no other handicap that you should not be able to overcome. To overcome a handicap, all that it is necessary to do is to use

more determination and grit and will.

The man with grit and will, may be poor today and wealthy in a few years; will power is a better asset than money; Will will carry you over chasms of failure, if you but give it the chance.

The men that have risen to the highest positions have usually had to gain their victories against big odds. Think of the hardships many of our inventors have gone through before they became a success. Usually they have been very much misunderstood by relatives and friends. Very often they did not have the bare necessities of life, yet, by sheer determination and resolute courage, they managed to exist somehow until they perfected their inventions, which afterwards greatly helped in bettering the condition of others.

Everyone really wants to do something, but there are few that will put forward the needed effort to make the necessary sacrifice to secure it. There is only one way to accomplish anything and that is to go ahead and do it. A man may accomplish almost anything today, if he just sets his heart on doing it and lets nothing interfere with his progress. Obstacles are quickly overcome by the man that sets out to accomplish his heart' s desire. The "bigger" the man, the smaller the obstacle appears. The "smaller" the man the greater the obstacle appears. Always look at the advantage you gain by overcoming obstacles, and it will give you the needed courage for their conquest.

Do not expect that you will always have easy sailing. Parts of your journey are likely to be rough. Don' t let the rough places put you out of commission. Keep on with the journey. Never sit down and complain of the rough places, but think how nice the

pleasant stretches were. View with delight the smooth plains that are in front of you.



在紧要关头被委以重任的人通常并不是什么天才，他不比别人拥有更多的天赋，但是他懂得只有坚持不懈地集中精力去做，才能取得成功。商界人士所创造的“奇迹”并非“偶然”。他知道，让奇迹发生的唯一方法就是：找寻新的理念，并领悟它。这也正是有人失败有人成功的唯一奥妙所在。成功者往往去看已经完成的事物，并且一直抱有成功的信念。而失败者常常会去看失败的事物，因此失败总会降临在他身上。

在我看来，每一个接受过正确训练的人都能够成为成功者。有很多人，他们才华横溢、能力极强，却任自己的才能白白浪费，真可谓是一件令人羞愧的事。我希望有一天，可以看到哪位慈善家出资建造一所学校，来教授那些失败者如何取得成功。我相信，他把钱花在这方面是最明智的选择。在一年的时间里，应用心理学就会在他的身上创造奇迹。他们会发现，自己之所以失败，完全是因为意志力不坚定，经常受到悲伤与不幸经历的困扰，致使自己失去了再战的勇气。

失败者首先需要做的，就是自食其力，但他们反而往往会在这里摔倒。结果便是，他们的天赋从来都得不到发展，这是他们自己和世界的损失。我坚信，在不久的将来，一定会有人捐出自己的钱，用来帮助失败的人们重新站立起来，帮助他们认识到自身所拥有的巨大潜能，并将其用到实处；帮助他们摆脱绝望的情绪，让他们重拾自信。

当一个人在今天错失一个机会，他必定会决心找到补救的措施。令人鼓舞的本性使他得到鼓励和建议少之又少。他必须时常

修正自己的路线，停止做削减自己能量的事情，集中精力在有用的事情上。今天，我们要克服自身的弱点，不要期待会有人帮你。抖擞精神，坚定信心，决心克服自身的弱点，摆脱恶习。事实上，真的没有人能够为你做这些。鼓励你，这就是他们所能做的。

除了身体欠佳之外，我想不出还有什么因素可以妨碍一个人取得成功。世界上再没有什么障碍是你无法逾越的。要克服阻碍，更加坚定的决心、更多的勇气、更坚强的毅力和意志是必不可少的。

也许今天，拥有勇气、毅力和意志的人生活是贫困的，但是数年之后，他一定会变得富有。与金钱相比，意志的力量是人类更好的财富。只要你给它机会，意志就可以带你跨越失败的深渊。

地位显赫的人往往能够克服重重险阻，从失败中重新站立起来。想想我们众多的发明家，在最终取得成功之前经历了多少艰难啊！他们的行为往往得不到亲朋好友的理解，他们更是时常不能满足生活的基本需求，然而他们靠着坚定的决心和坚决的勇气生存了下来，直到完成自己的发明创造。他们的发明极大地改善了后人的生活条件。

的确，每个人都希望做些事情，但是只有很少的人为成功作出必要的牺牲。做任何事情，只有一种方法可以完成，那就是勇往直前。如今，如果一个人下定决心去做，并且不让任何事物阻碍自己前行，那么也许他就可以完成任何事情。强烈渴望成功的人，会很快克服任何困难。“困难像弹簧，你弱它就强。”多看看你战胜困难后自己所取得的优势，它会给你征服阻碍所需要的勇气。

你不要期望总会一帆风顺。你的旅途中很有可能有暗礁险滩。不要让险途阻挡你前进的脚步，继续走下去。永远不要坐下来休息和抱怨，想想这段路程是多么美好。前方的美景会抚平你的苦痛。

词汇笔记

crucial ['kru:ʃəl] *adj.* 决定性的；紧要关头的；至关重要的；关键性的

例 One man can be a crucial ingredient on a team, but one man cannot make a team.
一个人可以是一个团体的关键要素，但一个人永远不能成为一个团队。

untiring [ʌn'taiəriŋ] *adj.* 不知疲倦的；不懈的

例 Chinese people has made great untiring efforts to achieve the aim of the people reborn since centenary.
一百年以来，中国人民为了实现民族复兴的目标作出了不懈的努力。

proposition [ˌprɔpə'ziʃən] *n.* 论点；主张；建议；提案

例 It is not a negative idea but a proposition for an ideal administration attained only after great endeavors.
“无为而治”不是消极的主张，而是要经过努力才能达到的理想的管理状态。

philanthropist [fi'lænθrəpist] *n.* 慈善家

例 The year before, Bill Gates, the mega-billionaire philanthropist and computer nerd stood here.
前年站在这里的是比尔·盖茨先生，他是一个超级富翁、一个慈善家和电脑天才。

小试身手

成功者往往去看已经完成的事物，并且一直抱有成功的信念。

译 ________________________________________________

与金钱相比，意志的力量是人类更好的财富。

译 ________________________________________________

做任何事情，只有一种方法可以完成，那就是勇往直前。

译 ________________________________________________

短语家族

He knows that the only way they will happen is by **sticking to** a proposition and seeing it through.

stick to：坚持；遵守

造 ________________________________________________

I can think of nothing, but lack of health, that should **interfere with** one becoming successful.

interfere with：干扰；妨碍

造 ________________________________________________



# 困境中的福祉

## The Blessing in Adversity

● 迈克尔·E.安吉尔 / Michael E. Angier

When I was about five years old, I lived with my family in Enterprise, Alabama for a few months while my father attended an advanced **aviation** course at nearby Fort Rucker.

What makes Enterprise, Alabama especially **memorable** is a strange monument they have in the middle of town. You can't miss it. In fact, you have to drive around it because it sits right in the middle of the road. The monument is a statue to the boll weevil.

It' s probably the only monument in the world erected in honor of an insect. It certainly wasn' t done because of its **aesthetic** value. The boll weevil is a particularly ugly-looking creature. Surprisingly, it was erected because of the devastation the boll weevil caused to the cotton crops of the surrounding area!

Why did they honor this pest? Well, had it not been for

the boll weevil, the local economy would have continued its unhealthy dependence on its one crop, one–product economy. Until then, everything depended entirely on cotton. When the boll weevil came, the farmers and all the other businesses that were reliant on the cotton farmers were forced to recognize the need to diversify.

In the long run, they saw that the boll weevil had, in fact, done them a favor by destroying their crops. No longer were their eggs all in one cotton basket. They started raising hogs, peanuts and other cash crops, and the entire area was better off for it.

I think it is to those southern farmers' great credit that they were able to see this adversity for what it really was a great blessing. Remember, it' s not what happens to us, but our response to what happens to us that makes the difference in the quality of our lives. I believe that everything that happens can be a lesson. Next time things don' t seem to be going the way you want, ask yourself what the positive aspect is. What' s the benefit in the **adversity**? You' ll have greater enjoyment and learn more in the process.



大约五岁时，我和家人在亚拉巴马恩特普赖斯住了几个月。在此期间，我父亲正在附近的洛克堡参加一个高级航空课程培训。

在亚拉巴马恩特普赖斯最值得留恋的就是位于镇中心的一座奇怪的纪念碑。你一定不要错过它，事实上路过时，你必须绕着它兜一圈，因为它正好坐落在马路的中央。这座纪念碑是专门用

来纪念棉铃象鼻虫的。

也许在世界上你不会找到第二座纪念昆虫的雕塑。当然不是因为它的美学价值，棉铃象鼻虫是一种长相丑陋的昆虫。让人们颇感意外的是，竖立棉铃象鼻虫雕像的原因居然是它对周围地区棉花作物的破坏。

他们为什么要纪念这种昆虫呢？倘若不是棉铃象鼻虫，该地不健康的经济恐怕还要继续依赖单一的作物、单一的产品。在此之前，棉花是当地人们唯一的依靠。当棉铃象鼻虫到来时，农民和所有依赖棉农的工商业都不得不认识到多种经营的必要性。

从长远角度看，棉铃象鼻虫破坏农作物实际上反而给他们提供了一个机遇。他们再也不把所有的鸡蛋投入棉花这一个篮子里。他们转向养猪、种植花生和其他经济作物，整个地区的经济由此繁荣起来。

我想那些南部农民是很令人钦佩的，因为他们能够将这个灾难视做极大的福祉。记住，并不是我们身边发生的事，而是我们对事情的态度决定了我们生活的质量。我相信，每一件事情都是一种经验财富。下一次，遇到不能如愿的事情，就问问自己：这件事情积极的一面是什么？逆境将给予我们什么样的益处？你可以在这个过程中获得更多的快乐，学到更多的东西。

有时，困境带给人们更多的福祉。尽管人们不喜欢，困境却常常使人们因祸得福，困境意味着问题，它促使人们想办法克服问题、解决问题，而这个过程就是一个提高的过程。因此，在现实生活中，不管遭遇什么困境，都应该以积极的心态勇敢去应对，山穷水尽之处往往也是柳暗花明之时。

**词汇笔记**

aviation [ˌeiviˈeiʃən] *n.* 航空；航空学

例 A case in point is the successful launching of "Shenzhou V Spacecraft" which sets china in a high position of aviation and space flight.
一个典型的例子就是“神舟五号”飞船的成功发射，使中国在航空和空间飞行中处于高端地位。

memorable [ˈmemərəbəl] *adj.* 值得纪念的；值得记忆的

例 We have spent a great deal of memorable time here.
我们在这里度过了许多难忘的时光。

aesthetic [iːsˈθetik] *adj.* 有关美的；美学的；审美的

例 Mozart himself was also a thinker with a unique personality, and his aesthetic ideas to penetrate every area of his work.
莫扎特本人也是一个有着独特个性的思想家，他的美学思想渗透到他作品的每个领域。

adversity [ædˈvɜːsitiː] *n.* 逆境；厄运；（经济方面的）窘境

例 Adversity is the first road leading to truth.
逆境是到达真理的第一条道路。

**小试身手**

当棉铃象鼻虫到来时，农民和所有依赖棉农的工商业都不得不认识到多种经营的必要性。

译 ______________________________

他们再也不把所有的鸡蛋投入棉花这一个篮子里。

译 ______________________________

记住，并不是我们身边发生的事，而是我们对事情的态度决定了我们生活的质量。

译 ______________________________

**短语家族**

When the boll weevil came, the farmers and all the other businesses that **were reliant on** the cotton farmers were forced to recognize the need to diversify.
be reliant on：依靠；离不开

造 ______________________________

**In the long run**, they saw that the boll weevil had, in fact, done them a favor by destroying their crops.
in the long run：从长远看；终究

造 ______________________________



# 贝多芬和《第九交响曲》

## Beethoven and His *Symphony 9*

● 佚名 / Anonymous

It' s a familiar tale: an aging Beethoven, ill and deaf, conducting the **orchestra** and **chorus** in the premiere of his *Ninth Symphony*, conducting even after they had ceased to perform, after they had reached the end of the stunning new work, after the audience had already begun to applaud. continuing to conduct until a singer turned him around so that he could see the thunderous cheers that were resounding throughout the hall.

The image is deeply moving, so much so that more **cynical** historians would like to **discount** it; it is, they feel, too perfect to be true. Yet this once, however, the cynics are apparently wrong, for several eyewitnesses tell the same tale of that fateful performance in Vienna on May 7, 1824. Their stories vary somewhat in detail. Some place the dramatic moment at the symphony' s conclusion. Others maintain it occurred at the

end of the scherzo. This difference of opinion might merely be credited to the passage of years between the incident itself and the day long after when those observers at last spoke to a biographer. Whenever the applause occurred, the fact that it passed unheard by Beethoven makes clear that he could never have heard a note of this most magnificent composition. Think about that bitter fact, and then wonder that a man so crossed by fate could still demand a choir to sing rapturously of joy.

Beethoven had first encountered Schiller' s poem *"An die Freude"* over thirty years before he completed the *Ninth Symphony*. The poem had first appeared in print in 1785, and from that time on was quite popular in the German states. Evidence suggests that Beethoven may have set the text to music as early as 1792. Other attempts were made in 1808 and 1811, when Beethoven' s notebooks include remarks to himself concerning possible settings for the familiar text. These years of toying with Schiller' s ode were also years of personal and professional growth. When he first came to know the poem, he was an optimistic young artist who had not yet composed his First Symphony, yet Beethoven' s third approach to the poem, in 1812, came with the completion of the Eighth Symphony. Perhaps the professional experience he had gained in those decades led him to consider that a poem of such spiritual power required an equally powerful setting, for he soon embarked on the creation of his *Ninth Symphony*, the work in which Schiller' s words would be given glorious flight.

Ten years would pass before this final symphony' s completion, ten years in which Beethoven shed blood over every note, considering and rejecting over two-hundred

different versions of the "Joy" theme alone. At the end of that time, he offered to the public a radically new creation that was part symphony and part oratorio, a hybrid that proved puzzling to his less daring observers. The conductor Louis Spohr, who knew Beethoven, asserted privately that the piece was "tasteless," and Verdi, who, it must be admitted knew a thing or two about how to blend music and words, lamented that the grand finale was "badly set." Yet others have better understood Beethoven' s final symphonic work, and have defended it eloquently. Let us give Claude Debussy the last word: "It is the most triumphant example of the molding of an idea to the preconceived form; at each leap forward there is a new delight, without either effort or appearance of repetition; the magical blossoming, so to speak, of a tree whose leaves burst forth simultaneously. Nothing is superfluous in this stupendous work. Beethoven had already written eight symphonies and the figure nine seems to have had for him an almost mystic significance, he determined to surpass himself. I can scarcely see how his success can be questioned."



这是一则耳熟能详的故事：迈入老年的贝多芬，疾病缠身，双耳失聪，却出色地完成了《第九交响曲》首次公演的指挥。甚至当乐队与合唱队停止表演，成功新作到达尾声，观众已经开始热烈鼓掌后，贝多芬依然陶醉在忘我的指挥中，直到一位歌手把他转向观众，他才知道雷鸣般的欢呼声已经响彻整个礼堂。

当时的场景令人感动不已，就连愤世嫉俗的历史学家都产生

了怀疑，他们简直不敢相信交响曲能够如此完美。可是这一次，那些愤世嫉俗者显然错了，因为几位出席了1824年5月7日那场意义非凡的演出的观众复述了同样的故事。可他们的故事有所不同。一些人认为戏剧性的时刻发生在交响曲结束时，而另外一些人则坚持认为是在谐谑曲结束时。随着时光流逝，观众们不断地向传记作者讲述，这个故事的不同说法也就随之产生了。不管观众的掌声是何时响起的，贝多芬听不到声音的事实证明：如此美妙的乐曲，他从未听到一个音符。想象一下这个冷酷的事实，你不禁会赞叹命途多舛的贝多芬居然能够指挥合唱团演唱如此欢快美妙的乐曲。

贝多芬第一次看到席勒的诗《欢乐颂》是在30年前，当时他尚未创作《第九交响曲》。《欢乐颂》于1785年首次出版，并在德国大受欢迎。有证据显示：早在1792年，贝多芬就开始为这首诗配乐，1808年、1811年贝多芬也有配乐的尝试。在他的笔记本里，记录了关于创作配乐的种种想法。品味席勒颂诗的岁月伴随着贝多芬个人的成长和事业的进步。刚开始接触席勒的诗时，贝多芬还是个乐观的青年艺术家，那时还没完成第一交响曲。然而到1812年第三次拜读《欢乐颂》时， 贝多芬已经创作了《第八交响曲》。可能是因为经历过多年的音乐生涯，贝多芬萌发了一个想法——这首饱含激情的诗应该配上震撼心灵的乐曲。因此，为了给席勒的诗句增光添彩，贝多芬随即开始创作《第九交响曲》。

贝多芬花了十年时间才完成最后的交响曲。在这十年里，每一个音符他都付出了很大心血，对200多个不同版本的《欢乐颂》交响曲进行了斟酌取舍。最终，他奉献出一个全新的作品，这支交响曲包含了宗教剧元素和交响乐元素，令所有观众震撼不已。熟识贝多芬的指挥家路易斯·施波尔私下认为这支曲子平淡乏味，略通配乐的沃迪则哀叹宏伟的终曲是败笔。不过，那些能够理解贝多芬最后交响曲的人则据理力争。看看克洛德·德彪西

的评价："《第九交响曲》是一部将新思想赋予固有形式的成功典范，每一个音符都给人不一样的惊喜，没有冗余之处，没有矫揉造作之感，是一株叶与花共同绽放的神奇树木，在这个宏大乐章里没有繁缛冗余。贝多芬已经创作了八部交响曲，《第九交响曲》把他推向了一个新的高度，他要超越自我。我不明白人们怎么能质疑他的成功呢？"

很难想象一个失去听觉的人竟能演奏出如此完美的乐章，这简直是人间奇迹。其实世界上每天都上演着这种奇迹，面对人生的磨难、困境，那些不屈不挠的人毅然选择了坚强，于是就连上帝也被他们感动了，便在他们身上创造了奇迹……

**词汇笔记**

orchestra ['ɔ:kistrə] *n.* 管弦乐队

例 The orchestra played a Mozart symphony.
乐队演奏了一首莫扎特的交响曲。

chorus ['kɔ:rəs] *n.* 合唱；合唱队；歌咏队

例 Tom sang the verses and everybody joined in chorus.
汤姆唱独唱部分，然后大家一起唱合唱部分。

cynical ['sinikəl] *adj.* 怀疑的；愤世嫉俗的

例 The boys made several cynical remarks to cover up their disappointment at being left out of the play.
小伙子们讲了些冷嘲热讽的话，以掩盖他们被比赛拒之门外的失望。

discount ['diskaunt] *v.* 不考虑；不全信；认为……不重要

例 You must discount much of what he says.
他说的好些话，你必须打个折扣听。

**小试身手**

贝多芬依然陶醉在忘我的指挥中，直到一位歌手把他转向观众，他才知道雷鸣般的欢呼声已经响彻整个礼堂。

译 ____________________________________________

品味席勒颂诗的岁月伴随着贝多芬个人的成长和事业的进步。

译 ____________________________________________

他要超越自我。

译 ____________________________________________

**短语家族**

Their stories vary somewhat **in detail**.

in detail：详细地

造 ____________________________________________

The magical blossoming, so to speak, of a tree whose leaves **burst forth** simultaneously.

burst forth：突然出现；爆发出；迸发出

造 ____________________________________________



# 战胜你内心的敌人
## Facing the Enemies within

● 佚名 / Anonymous

We are not born with courage, but neither are we born with fear. Maybe some of our fears are brought on by your own experiences, by what someone has told you, by what you' ve read in the papers. Some fears are **valid**, like walking alone in a bad part of town at two o' clock in the morning. But once you learn to avoid that situation, you won' t need to live in fear of it.

Fears, even the most basic ones, can totally destroy our ambitions. Fear can destroy fortunes. Fear can destroy relationships. Fear, if left unchecked, can destroy our lives. Fear is one of the many enemies **lurking** inside us.

Let me tell you about five of the other enemies we face from within. The first enemy that you' ve got to destroy before it destroys you is **indifference**. What a tragic disease this is! "Ho–hum, let it slide. I' ll just drift along." Here' s one problem with drifting: you can' t drift your way to the top of the

mountain.

The second enemy we face is indecision. Indecision is the thief of opportunity and enterprise. It will steal your chances for a better future. Take a sword to this enemy.

The third enemy inside is doubt. Sure, there' s room for healthy **skepticism**. You can' t believe everything. But you also can' t let doubt take over. Many people doubt the past, doubt the future, doubt each other, doubt the government, doubt the possibilities and doubt the opportunities. Worse of all, they doubt themselves. I' m telling you, doubt will destroy your life and your chances of success. It will empty both your bank account and your heart. Doubt is an enemy. Go after it. Get rid of it.

The fourth enemy within is worry. We' ve all got to worry some. Just don' t let it conquer you. Instead, let it alarm you. Worry can be useful. If you step off the curb in New York City and a taxi is coming, you' ve got to worry. But you can' t let worry loose like a mad dog that drives you into a small corner. Here' s what you' ve got to do with your worries: drive them into a small corner. Whatever is out to get you, you' ve got to get it. Whatever is pushing on you, you' ve got to push back.

The fifth interior enemy is overcaution. It is the timid approach to life. Timidity is not a virtue, it' s an illness. If you let it go, it' ll conquer you. Timid people don' t get promoted. They don' t advance and grow and become powerful in the marketplace. You' ve got to avoid overcaution.

Do battle with the enemy. Do battle with your fears. Build your courage to fight what' s holding you back, what' s keeping you from your goals and dreams. Be courageous in your life and

in your pursuit of the things you want and the person you want to become.



我们的勇气并非生来就有，恐惧也是如此。有些恐惧可能来源于你自身的经历、他人的讲述或从书上读到的东西。像半夜两点独自走在城中的危险地段，这样的一些恐惧是可以理解的。只要你学会避免这些情况，就不必再惶恐地生活。

即使是最基本的恐惧，也会让我们的雄心壮志彻底粉碎。我们的财富与情感皆会被恐惧所摧毁。如果不加以节制，它就会毁掉我们的生活。恐惧是蛰伏于我们内心的众多敌人之一。

让我跟你说一说我们面临的其他五个内在敌人。第一个敌人是冷漠，在它袭击之前，你必须先下手为强，否则打着呵欠懒洋洋地说："啊哈，就这样吧，我就随波逐流吧。"这是多么可悲的弊病！你永远无法漂至山顶，这就是随波逐流的问题所在。

犹豫不决是我们面临的第二个敌人。它是一个窃贼，会偷去你的机会和事业。它会偷走你获得美好未来的机会。举起你的剑，同这个敌人决斗吧。

内在的第三个敌人是怀疑。的确，正常的怀疑论仍有保留的余地。你无法相信一切，但也不能疑心重重。很多人对过去、未来、彼此以及政府心生猜疑，对所有可能的事物和机会也持怀疑态度。最为严重的是，他们连自己也不放过。我要告诉你，怀疑会摧毁你的人生和你获得成功的机会。它会使你的账户出现赤字，让你的心灵干涸。怀疑是敌人，驱赶它，消灭它。

第四个敌人是担忧。我们都会有所担忧，但不要被担忧的情绪所控制。相反，让它成为你的警钟。担忧也会有好的用途。如果你走在纽约的人行道上，有出租车朝你开来，那你就得担心

了。不过，你不能让担忧像只疯狗似的将你逼到墙角。你应该利用担忧，并将它们驱至墙角。无论什么想抓住你，你都要抓住它。无论什么攻击你，你都要予以还击。

第五个内在敌人是过度谨慎。它是一种胆怯的生活方式。胆怯是一种疾病，而非美德。如果你放任它，它就会支配你。胆怯之人是不会有所发展的。在经济市场中，他们难以进步、成长，也难以强大起来。你必须要避免过于谨慎。

向这些敌人开战吧。向你的恐惧发起攻击。鼓足勇气去对抗那些阻碍你的事物，与那些阻挡你实现目标与梦想的事物战斗吧。勇敢地生活，勇敢地追求你想要的一切，勇敢地成为你理想中的人。

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冷漠、犹豫不决、怀疑、担忧、过度谨慎，这是束缚人们发展的五大杀手，也是人们所面临的最大的敌人，假如你不想整日惶恐不安、遇事犹豫不决、做事谨小慎微、待人冷漠无情，那么就尽快驱逐这些敌人吧，它们是阻止你前进的最大障碍。

**词汇笔记**

valid ['vælid] *adj.* 正当的；有充分根据的；符合逻辑的

例 The most valid measure for the lowest probability of traffic is to teach people to abide to all traffic rules.
将发生车祸的概率降到最低的最有效的措施之一就是教育人们要遵守一切交通规则。

lurk [lɜːk] *v.* 潜伏；埋伏；潜在

例 Dangers lurk in the path of wilderness.
在这条荒野的小路上潜伏着危险。

indifference [in'difərəns] *n.* 不关心；不在乎

例 Sometimes callous indifference is not only a tool to avoid being hurt.
冷漠有时候并不是无情，只是一种避免被伤害的工具。

skepticism ['skepti] *n.*怀疑态度；怀疑论

例 Descartes puts forwards the method of general doubt to counteract the fideism in scholasticism and skepticism.
笛卡儿为了对抗经院哲学的盲目信仰主义和怀疑论，提出了普遍怀疑方法。

**小试身手**

我们的勇气并非生来就有，恐惧也是如此。

译 ______________________________

向这些敌人开战吧。向你的恐惧发起攻击。鼓足勇气去对抗那些阻碍你的事物，与那些阻挡你实现目标与梦想的事物战斗吧。

译 ______________________________

勇敢地生活，勇敢地追求你想要的一切，勇敢地成为你理想中的人。

译 ______________________________

**短语家族**

You can' t believe everything. But you also can' t let doubt **take over**.
take over：接受；接管

造 ______________________________

**Worse of all**, they doubt themselves.
worse of all：更糟糕的是

造 ______________________________



# 激发你的人生潜能

## Getting Aroused

● 奥里森 · 马登 / Orison Marden

"How' s the boy getting on, Davis?" Asked Farmer John Field.

"Well, John, you and I are old friends," replied Deacon Davis, as he took an apple from a barrel and handed it to Marshall' s father as a peace offering; "we are old friends, and I don' t want to hurt your feelings; but I' m a **blunt** man, and air going to tell you the truth. Marshall is a good, steady boy, all right, but he wouldn' t make a merchant if he stayed in my store a thousand years. He weren' t cut out for a merchant. Take him back to the farm, John, and teach him how to milk cows!"

If Marshall Field had remained as clerk in Deacon Davis's store in Pittsfield, Massachusetts, where he got his first position, he could never have become one of the world' s merchant princes.

But when he went to Chicago and saw the **marvelous**

examples around him of poor boys who had won success, it aroused his ambition and fired him with the determination to be a great merchant himself. "If others can do such wonderful things," he asked himself, "why cannot I?"

It had then only about eighty-five thousand inhabitants. A few years before it had been a mere Indian trading village. But the city grew by leaps and bounds, and always beat the predictions of its most **sanguine** inhabitants. Success was in the air. Everybody felt that there were great possibilities there.

Many people seem to think that ambition is a quality born within us; that it is not **susceptible** to improvement; that it is something thrust upon us which will take care of itself. But it is a passion that responds very quickly to cultivation, and it requires constant care and education, just as the faculty for music or art does, or it will atrophy.

"What I most need," as Emerson says, "is somebody to make me do what I can." To do what I can, that is my problem; not what a Napoleon or a Lincoln could do, but what I can do. It makes all the difference in the world to me whether I bring out the best thing in me or the worst—whether I utilize ten, fifteen, twenty-five, or ninety percent of my ability.

Everywhere we see people who have reached middle life or later without being aroused. They have developed only a small percentage of their success possibilities. They are still in a dormant state. The best thing in them lies so deep that it has never been awakened. Great possibilities of usefulness and of achievement are, all unconsciously, going to waste within them.



“这孩子有没有进步啊，戴维斯？”牧场主约翰·菲尔德焦急地问道。

“哦，约翰，你和我都是老朋友了，”戴维斯回答道，为了缓和气氛，他从桶里拿出一个苹果递给马歇尔的父亲，“我们是老朋友了。我本不想伤害你的感情，可我是个心直口快的人，我会告诉你真实的情况。马歇尔是个非常稳重的好孩子，然而，即使他在我的公司待上一千年，他也不会成为一个真正的商人。他不是做商人的材料，你还是把他领回农场，教教他如何挤牛奶吧！”

如果马歇尔当初一直待在马萨诸塞州皮斯费德镇戴维斯的公司——他的第一个工作所在地，他将永远不会成为当今世界鼎鼎有名的商界精英。

然而到了芝加哥后，马歇尔曾亲眼见证了许多不可思议的例子。自己身边的许多穷苦人家的孩子凭借自身努力最终走上了成功之路。这种经历让雄心勃勃的马歇尔立志做一个真正的商人。他对自己说：“既然别人能做到，我为什么不能？”

当时，芝加哥的本地居民只有八万五千人。就在几年前，芝加哥还是个只能与印第安通商的小村镇。如今芝加哥发生了翻天覆地的变化，这里的居民已经成为全世界最幸福的人了。甚至空气中都弥漫着成功的气息，每个人都坚信自己在未来会有所作为。

许多人认为雄心是我们与生俱来的信念。它有着极强的生命力，唯有我们悉心呵护，才能变得越来越强。如同学习音乐和艺术一样，只有通过长期的积累才能使其拥有旺盛的生命力，否则它就会渐渐枯萎。

就像爱默生所说：“我真正需要的，是找到一位能够助我走向成功之路的人。”我可以做些什么，这只是我的事情，与

拿破仑或林肯无关。不管我能实现丰功伟业还是一无是处，不管我能否将自己的潜质发挥到极致，我的世界都将是独一无二的。

我们经常看到，许多人在不惑之年或是垂暮之年时还没有真正将内心的潜能激发出来。他们只是开发了一小部分潜质，一直庸庸碌碌。他们身上蕴藏的许多优点已经沉睡，永远不会醒来。在毫无意识的情况下，巨大的宝贵潜能被他们忽视，白白浪费了。

**每个人都是一个有待开发的金矿，每个人都是独一无二的，每个人都可以成为杰出人物。只可惜很多人一生都找不到开发潜能的钥匙，最终在浑浑噩噩、庸碌无为中成为岁月的流沙。**

**词汇笔记**

blunt [blʌnt] *adj.* 率直的；直言不讳的

例 Let me ask a blunt question.

允许我问一个直率的问题。

marvelous ['mɑːvələs] *adj.* 引起惊异的；不可思议的；非凡的

例 He showed marvelous insight over the description of American characters in his new book.

在这本新书里，他对美国人性格的描写表现出惊人的洞察力。

sanguine ['sæŋgwin] *adj.* 充满希望的；乐观的；面色红润的

例 He wears a small pair of glasses on ordinary days, which gives us an impression that he is vivacious, sanguine and clever.

平日里戴着一副小眼镜的他，留给人的总是一个活泼开朗、灵气十足的形象。

susceptible [sə'septəbl] *adj.* 易受影响的；易动感情的

例 Children are more susceptible to colds than adults.

小孩比大人容易患感冒。

**小试身手**

自己身边的许多穷苦人家的孩子凭借自身努力最终走上了成功之路。这种经历让雄心勃勃的马歇尔立志做一个真正的商人。

译 ______________________________

我真正需要的，是找到一位能够助我走向成功之路的人。

译 ______________________________

不管我能否将自己的潜质发挥到极致，我的世界都将是独一无二的。

译 ______________________________

**短语家族**

Many people seem to think that ambition is a quality born within us; that it is not susceptible to improvement; that it is something thrust upon us which will **take care of** itself.

take care of：照顾

造 ______________________________

But it is a passion that **responds** very quickly **to** cultivation, and it requires constant care and education, just as the faculty for music or art does, or it will atrophy.

respond to：对……作出回应；对……有某种反应

造 ______________________________



# 非走不可的弯路
## The Tortuous Path One Has to Take

● 佚名 / Anonymous

When I arrive and stand at the turning to Youth a small path comes into view off and on as if **beckoning** me.

Mother steps in my way pleading, "Don't take the path. It's **formidable**."

I don't believe.

"I've **traversed** it. No reason not to believe me."

"Since you've passed it, why can't I?"

"I don't want you to go such a **tortuous** way. "

"But I like the experience. I'm not afraid."

Mother looks at me sadly and sighs, "All right. Go if you insist, you stubborn child. The path is rough going. Do take care all the way."

When I'm on my way I find mother's right. The road is rough and tortuous. Sometimes I come to a dead end, sometimes I take a wrong turn, I tumble or even fall headlong

and have my head covered with bumps and bruises. Still I keep on going and eventually I pass it.

I sit down to get my breath back. At this time I see a girl, very young, standing at the turning where I used to do and ready to go. I can't help shouting, "No, you must not take that path." But she shows distrust.

"My mother passed it, so did I."

"As both of you've done so, why shouldn't I?"

"I don't want you to go the same tortuous way."

"But I don't mind."

I look at her and look back at myself, smiling, "Then take good care all the way."

I feel deeply grateful to her for she reminds me of my youth gone. I'm now a has-been that can tell what to do or not to. I've already played such a role, with the obsession of advising against doing the same thing one did before,

On one's life's journey there's a path one has to take the tortuous path of Youth. Without stumbling, bumping, or even being badly battered, how can one grow and become as solid and strong as iron and steel?



当我站在青春的路口时，一条若隐若现的小路出现在我的面前，我仿佛听到了它的召唤。

母亲阻拦我，恳求地说：“这是一条艰难的路，走不得。”

我不相信。

“我就是从那条路走来的，你还不信吗？”

“你都可以走过来，我为什么不能？”

“我不想让你走这样一条曲折的路。”

“但我喜欢亲身体验，我不怕。”

母亲用心疼的眼神看了看我，叹息道：“好吧，你这个孩子真倔强。既然你坚持，那就去吧。这条路艰难坎坷，一路保重。”

当我踏上旅途时，我发现母亲是对的。这条路坎坷曲折。尽管有时会走进死胡同，有时会转错弯，有时会摔倒，甚至跌得头破血流，但我仍坚持走下去，最终走了过来。

我坐下来让自己的呼吸恢复平静。这时，我看到一个非常年轻的女孩站在我曾经站过的地方，准备出发。我不由得喊了出来：“那条路走不得。”但她不信。

“我和我母亲都走过这条路。”

“既然你们都走过了，我为什么不能呢？”

“我不愿意让你走同样的弯路。”

“但我不介意。”

我看了看她，又回头看看自己，笑着说：“那一路保重。”

我非常感激她，因为她让我想起自己已不再年轻。我现在也扮演着过来人的角色，也在告诫年轻人什么能做，什么不能做。

在每个人的生命旅途中都有一条非走不可的弯路，那就是青春的弯路。没有跌倒、碰壁，或摔得头破血流，一个人又怎能长大，又怎能变得像钢铁般坚强呢？

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弯路也是人生的必修课，只有经历那些不堪回首的路途，一个人才可能真正变得成熟，只有经过暴风雨的洗礼才能铸就钢铁般的意志。这样，不管你以后遭遇怎样的磨难，都可以安然度过。

**词汇笔记**

beckon ['bekən] *v.*（用头或手的动作）示意；召唤

例 In spring, beautiful peach and apricot blossoms atop the walls, like graceful girls waving their red sleeves, will sway hospitably to beckon the pedestrians.
在春天，常有几枝娇艳的桃花、杏花，娉娉婷婷，像优雅的姑娘，从墙头殷勤地摇曳红袖，向行人招手。

formidable ['fɔːmidəbl] *adj.* 可怕的；令人畏惧的；令人惊叹的；难以克服的

例 Now our Party is confronted with new and formidable tasks.
现在，我们党正面临着新的艰巨的任务。

traverse ['trævəs] *v.* 横越；穿越；横贯

例 It will take 48 hours to traverse through America by train with a speed of 96km/hour.
一辆时速为96公里的快速火车，横跨美国需要48小时以上。

tortuous ['tɔːtʃuːəs] *adj.* 弯弯曲曲的

例 The road is tortuous, but the future is bright.
道路是曲折的，前途是光明的。

**小试身手**

当我站在青春的路口时，一条若隐若现的小路出现在我的面前，我仿佛听到了它的召唤。

译 ______________________________

在每个人的生命旅途中都有一条非走不可的弯路，那就是青春的弯路。

译 ______________________________

没有跌倒、碰壁，或摔得头破血流，一个人又怎能长大，又怎能变得像钢铁般坚强呢？

译 ______________________________

**短语家族**

When I arrive and stand at the turning to Youth a small path comes into view **off and on** as if beckoning me。

off and on：断断续续；时不时地

造 ______________________________

I **can' t help shouting**, "No, you must not take that path." But she shows distrust.

can't help doing：忍不住；情不自禁

造 ______________________________



# 暴风雨中翱翔的雄鹰
## Eagles in a Storm

● 佚名 / Anonymous

Did you know that an eagle knows when a storm is **approaching** long before it breaks?

The eagle will fly to some high spot and wait for the winds to come. When the storm hits, it sets its wings so that the wind will pick it up and lift it above the storm. While the storm rages below, the eagle is **soaring** above it.

The eagle does not escape the storm. It simply uses the storm to lift it higher. It rises on the winds that bring the storm.

When the storms of life come upon us and all of us will experience them we can rise above them by setting our minds and our belief toward God. The storms do not have to **overcome** us. We can allow God' s power to lift us above them.

God enables us to ride the winds of the storm that bring sickness, **tragedy**, failure and disappointment in our lives. We can soar above the storm.

Remember, it is not the burdens of life that weigh us down, it is how we handle them.



你是否知道暴风雨来临之前，老鹰很早便能预知它何时到来呢？

老鹰会飞向高空，期待着大风的来临。当暴风雨袭来时，它会顺着风而振翅高飞，飞到暴风雨之上。当暴风雨变得更加猛烈时，它已在高空翱翔。

老鹰不会躲避暴风雨。它只会借助暴风雨，借助暴风雨前夕的风而飞得更高。

当生活的暴风雨袭来时，我们同样可以利用意志和虔诚的信念，飞到暴风雨之上，经历暴风雨的洗礼。暴风雨绝对不能战胜我们，相反，我们可以借助上帝的力量战胜它们。

上帝激励我们勇于战胜生活中的暴风雨（如疾病、悲剧、失败、失望等），我们同样可以翱翔于暴风雨中。

记住，生活本身的重担并不能压垮我们，而是取决于我们面对它时的心态。

**在人生的暴风雨来临时，我们是否也能够像雄鹰那样，振翅高飞，凌驾于暴风雨之上？我想答案是肯定的，因为上帝赐予我们磨难原本就是为了历练我们，只是人们常常被眼前的安逸蒙蔽了双眼，以至于曲解了上帝的好意。**

**词汇笔记**

approach [ə'prəutʃ] *v.* 接近；走近；靠近

例 The man approached the thief secretly.
这人悄悄地靠近这个小偷。

soar [sɔː] *v.* 高飞；翱翔

例 Set the bird's wings with gold and it will never again soar in the sky.
鸟翼上系上了黄金，鸟便永远不能再在天上翱翔了。

overcome [ˌəuvə'kʌm] *v.* 战胜；克服

例 Success is not measured by position you reach in life, it is measured by obstacles you overcome.
成功不是用你一生取得的地位来衡量的，而是用你克服的障碍来衡量的。

tragedy ['trædʒidi] *n.* 不幸；灾难；悲剧

例 It seems that every time when happiness is at its peak, the tragedy begins.
似乎每一次幸福到达顶点的时候，都是悲剧的开始。

**小试身手**

老鹰不会躲避暴风雨。它只会借助暴风雨，借助暴风雨前夕的风而飞得更高。

译 ____________________

当生活的暴风雨袭来时，我们同样可以利用意志和虔诚的信念，飞到暴风雨之上，经历暴风雨的洗礼。

译 ____________________

记住，生活本身的重担并不能压垮我们，而是取决于我们面对它时的心态。

译 ____________________

**短语家族**

It sets its wings so that the wind will **pick it up** and lift it above the storm.

pick up：拾起；捡起

造 ____________________

Remember, it is not the burdens of life that **weigh** us **down**, it is how we handle them.

weigh down：压垮

造 ____________________



# 人生中最大的挑战
## Big Challenges

● 佚名 / Anonymous

"Keep **staring**! I might do a trick!"

That' s the message on a T-shirt of mine. People stare at me all the time so I thought this shirt would be funny. See I' m a dwarf.

Most of the time people aren' t trying to be rude—they just haven' t seen many dwarfs like me before. I can understand that. But I also want to let them know that I see them staring. Usually the T-shirt makes them laugh at themselves not at me.

I was born with **achondroplasia**, the most common form of dwarfism. I have an average-size **torso**, but my arms and legs are shorter and my head is bigger than average. Right now I' m almost four feet tall and that' s about as tall as I' m going to get. I' m not going to pretend that my height isn' t a challenge. It is. Light switches and counters are usually too high for me.

But everyone faces challenges. You just have to face

them with a good attitude. So I have a long barbecue fork to pull things down from pantry shelves. I' m a great climber and I can make a stool out of just about anything: I' ll even be able to drive a car with the help of pedal extensions. If all else fails, I ask for help.

Due to the way I see it, I can do just about anything that an average-size person can do. So I' ll never play **professional** sports but I have no problem testing my limits. I have to. For instance, everyone uses stoves. Little people just have to figure out how to use them in different ways. I use a stool to reach mine at home. It may take me longer and it may be harder but I can still do it.

My T-shirt shows people the real me—a kid with a sense of humor. And maybe that' s the real trick showing others that I' m just like them. I play sports and video games, I go to school and I hang out with my friends. I' m just shorter. I mean no one is exactly the same. And anyway. I' m proud of who I am.



“看仔细了！我可要变戏法了！”

这是写在我的T恤衫上的一句话。走在街上，人们的目光一直注视着我，于是，我想这件T恤衫一定很有趣。知道吗？我是个小矮人。

很多时候，人们都尽量避免表现得粗鲁——只是以前他们没有见过像我这样的矮个子。我可以理解，但是我也想让他们知道，我看到了他们对我注视的目光。通常，T恤衫上的字会让他们自嘲，而不是取笑我。

我天生软骨发育不全，这是最常见的一种侏儒症。我的身高符合正常人的平均水平，但是，我的胳膊和腿较短，脑袋比一般人的大。现在，我差不多有四英尺高了，这似乎是我最后的身高。我不想假装身高的问题不是对我的一个挑战，因为它的确是。电灯开关和柜台对我来说，实在是太高了。

但是，每个人都要面对挑战。你需要用一种良好的态度去面对它们。于是，我用长长的烤肉叉把想要的东西从食品室的架子上钩下来。我是一个攀爬高手，我可以用任何东西做跳板。我甚至可以借助踏板来开车。如果任何方法都不奏效的话，我就会寻求帮助。

正是由于我这种看问题的态度，我才能做任何正常人能够做的事情。因此，尽管我从来没有参加过职业的体育运动，但是在考验我的极限时，我没有任何问题。我不得不这样做。比如，人人都使用炉子。我们个子矮小的人就得想出不同的方法来使用它。在家里，我踩在凳子上来使用它。这样的话，可能会花费我更多的时间，或许难度也会更大，但是我依然能够做到。

我的T恤衫向人们展示了一个真实的自我——一个幽默的孩子。也许我这样做的真正意图是展示给人们看，我和他们没有什么区别。我可以运动、打电子游戏，可以上学、和朋友们一起逛街。我只是身材矮小罢了。我是说，这个世界上没有谁和别人是一模一样的。不管怎样，我为我自己感到骄傲。

**词汇笔记**

stare ['stɛə] *v.* 凝视；目不转睛

例 I returned to my seat, staring into daylight that was darkness for me.
我回到座位上，盯着对我来说是一片黑暗的白昼。

achondroplasia [ei,kɔndrə'pleiʒiə] *n.* 软骨发育不全

例 Like most achondroplasia dwarfs, I have two average-height parents, as well as an average-height brother.
像大多数患有软骨发育不全症的侏儒一样，我的父母身高正常，我的兄弟也很正常。

torso ['tɔ:səu] *n.* （人体的）躯干

例 The muscles of the torso stabilize the spine and provide a solid foundation for movement in the extremities.
躯干肌肉对脊骨起到稳定作用，并且为四肢的运动提供了坚实的基础。

professional [prə'feʃənəl] *adj.* 职业的；专业的

例 The normalization of the professional work and the information is the basis of urban planning administration.
业务的规范化和信息的规范化是城市规划管理信息系统的基础性工作。

**小试身手**

但是，每个人都要面对挑战。你需要用一种良好的态度去面对它们。

译 ________________________________________

正是由于我这种看问题的态度，我才能做任何正常人能够做的事情。

译 ________________________________________

这个世界上没有谁和别人是一模一样的。

译 ________________________________________

**短语家族**

Keep staring! I might **do a trick**!

do a trick：玩把戏；变戏法

造 ________________________________________

For instance, everyone uses stoves. Little people just have to **figure out** how to use them in different ways.

figure out：想出；算出

造 ________________________________________



# 不要害怕失败
## Don' t Fear Failure

● 佚名 / Anonymous

Many career experts **tout** failure as the **castor** oil of success. The idea isn' t to fling yourself into certain disaster in order to be mystically rewarded with triumph. Rather, it' s a simple recognition that people who willingly risk failure and learn from loss have the best chance of succeeding at whatever they try.

Oh, you' ve had minor **reverses** in school or love, but you haven' t failed meaningfully. Never fear, says Amitai Etzioni, professor of socioeconomics at George Washington University: "Everyone gets a chance. No one lives a failure-proof life forever."

Failure is easy to recognize. "It usually involves loss of money, self-esteem or status," says Carole Hyatt, co-author of *When Smart People Fail*. At the very least, it is simply not getting what you want.

Not that rational people should wish for **calamity**, says Rabbi Harold Kushner, author of *When Bad Things Happen to Good People*, But a stiff dose of misfortune is often a painfully effective tutor. It "teaches you something about your strength and acquaints you with your limitations." notes Kushner. "That' s an important part of maturity."

People who profit from loss are the kind of foot soldiers business leaders seek, "Continuous success builds arrogance and complacency," says multibillionaire industrialist H. Ross Perot. "I want people who love the battlefield, people willing to go to the war". That includes making honest mistakes. Unsuccessful people, he adds, instinctively avoid risks even when a smart gamble might pay off. "You learn a great deal more from what doesn' t work than from what does." Failure, he says, is merely the cost of seeking new challenge.

If the thought of fouling up paralyzes you, here are several helpful suggestions:

1. Stop using the "F" word.

High achievers, rarely refer to "failure," a loaded word suggesting a personal dead end. They prefer "glitch" "bollix" or "course correction."

2. Don' t take it personally.

When things go sour, do you instinctively label yourself a loser? The language you use to describe yourself can become a powerful reality. Repeatedly calling yourself an unemployed salesperson not only labels you as out of work—synonymous with failure in our society—it considers yourself someone "with options". Those opinions include taking classes to develop new skills or bravely striking out on another career.

3. Be prepared.

Help insulate yourself by mapping a catastrophe plan. Ask yourself: What is the worst that can happen? Imagining loss of job or spouse can force you to clearly consider practical alternatives. Do you have enough insurance and cash reserves to carry you through a difficult period? Do you have talents that could bring in an income if your employer handed you a pink slip? Keep in mind that the Chinese ideogram for "crisis" consists of the characters for both "danger" and "opportunity."

4. Learn to fail intelligently.

Jack Matson, a University of Houston professor, developed a course his students dubbed "Failure 101". Matson had his class build ice–cream–stick mock–ups of products no one would buy. "They designed hamster hot tubs and kites to fly in hurricanes," says Matson.

The ideas were ridiculous, but once Matson' s students equated failure with innovation instead of defeat, they felt free to try anything. Since most students had at least five failures before finding their business niche, they learned not to take failure as the last word, says Matson. "They learned to reload and get ready to shoot again."

5. Never say die.

Early' s Harrisonburg, construction company went belly up in 1975. Then only 25, Early borrowed on his home rather than declare bankruptcy. He continued to work in construction, trying to master the intricacies of management. In 1982, he "got nervy enough" to borrow more to start his own business again, having built a solid reputation with banks for getting through difficult times.

Early expanded his new construction business cautiously. He took college courses in business administration. By 1988, Early' s company made *Inc.* magazine' s list of the 500 fastest-growing privately owned companies.

Early is not complacent. Memories of hard times haunt him. "I can' t afford to get arrogant about success," he says, "So I' m always trying to improve my business."



许多职业专家将失败鼓吹为“成功的润滑油”。这种说法并不是让你为了获得神秘的胜利，而先将自己推向某个灾难的边缘。这仅仅是那些成功人士对失败的一种认识。他们能够欣然接受失败，并从失败中懂得：无论尝试什么，都是成功的最好机会。

噢，你在学校或爱情上也许遇到过一些小的挫折，但是这样的失败是毫无意义的。乔治・华盛顿大学的社会经济学教授阿米塔伊・埃茨奥尼说：“永远不要害怕，人人都有一次机会，没有谁会一生都失败。”

意识到失败是很容易的事。《当聪明的人失败时》一书的合著者卡罗莱・海厄特说：“通常，失败会伴随着金钱、自尊或身份地位的损失而出现。”至少，失败的结果是不能得到你想要的。

《当不幸降临在好人身上时》的作者罗比・哈罗德・库沙尔说，并不是说理智的人应该盼望灾难的降临，但是巨大的挫折往往是痛苦的深刻教训。它“能让你知道自己的长处，了解自己的短处”。库沙尔写道：“经历挫折是成长过程中的重要一课。”

从失败中汲取教训的人才是企业领导青睐的对象。拥有亿万资产的实业家H. 罗斯・佩罗特说：“不断的成功会助长自大、自满之情。我想要那些喜欢战场，愿意斗争的人才。”这其中包括

犯诚实的错误。H.罗斯·佩罗特又补充说：“失败者本能地避开冒险，即使是面对形势较好的投机机会时也是如此。你从失败中学到的东西，要比从成功中学到的东西多得多。”他说：“失败仅仅是在寻找新的挑战时所付出的代价。”

如果害怕失败而让你举步维艰，这里有几条有益的建议：

1. 停止使用“失败”一词

有较高成就的人很少提到“失败”二字，因为使用这个沉重的词说明这个人无法再继续发展。他们更喜欢“小麻烦”“改正方针”等词。

2. 不要因失败而沮丧

当事情进展不顺利时，你是否本能地为自己贴上了“失败者”的标签？你评价自己的语言可以变成一种有力的现实。一次又一次地称自己是位尚未被雇用的售货员，而不应说自己失业了——也就是你在社会生活中的失败——这样说，你就可以认为自己是“拥有选择权”的人。你可以选择参加学习班来培养新的技能，或者勇敢地选择从事另一个行业。

3. 作好准备

规划一个灾难计划来帮助你自己在灾难降临时不会受到影响。问问你自己，会发生的最糟糕的事情是什么？设想一下失去工作或配偶的情形，会让你清晰地考虑现实的选择。你有足够的保险或存款来使你渡过困难时期吗？如果你的老板解雇了你，你的才能会为你带来收入吗？请记住，汉字中“危机”一词的词义包含两方面：“危险”与“机遇”。

4. 学会聪明地失败

休斯敦某大学教授杰克·马斯顿开设了一门课程，该课程被学生们叫做“失败101”。他让他的学生制造没人会买的冰激凌棒模型。马斯顿说：“他们设计成像仓鼠似的热容器和在飓风中放的风筝。”

尽管这些想法都很可笑，可是一旦学生们把失败看做创新而

不是失败时，他们会很勇敢地去尝试做任何事情。马斯顿说，在获得成功之前，大多数学生都至少失败了五次，他们学会了不把失败当做最后的结局。“学生们学会了整装待发，再次准备尝试。”

5. 永不言弃

1975年，厄尔利的Harrisonburg 建筑公司破产了。那时25岁的他向家人借钱维持经营，而并没有宣布破产。他继续做建筑工作，努力掌握管理上的复杂关系。1982年，他厚着脸皮又借了更多的钱来重新开办自己的公司，并于困难时期在银行中留下了良好的口碑。

厄尔利谨慎地扩大了自己新建筑公司的规模。他还去学校学习商业管理课程。1988年，厄尔利的公司被《Inc.》杂志评为世界发展最快的500家企业之一。

厄尔利没有自满，他时常会想起那段艰难的日子。他说：“我不因成功而自满，所以我总在努力发展我的事业。”

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失败并不可怕，从某种意义上说失败意味着进步。尽管原地踏步永远不会失败，但是也永远不会有任何惊喜，失败说明你正在尝试新事物，每一次的失败都表明你距离成功又近了一步。所以只要换个角度看，失败并不是什么坏事情，关键在于人们看待它的心态。

## 词汇笔记

tout [taʊt] *v.* 标榜；吹捧；吹嘘

例 It is not so serious as you say actually, you tout its virtue too much!
明明不像你说得那么严重，你也太夸大其词了！

castor ['kæstə] n. 蓖麻

例 This kind of mixture is made up of petrol , castor oil and vinegar.
这种混合物是由汽油、麻油和醋组成的。

reverse [ri'vəːs] n. 失败，挫败

例 The failure and reverse which await men and one after another sadden the brow of youth add the dignity to the prospect of human life,which no arcadian success would do.
尽管失败和挫折等待着人们，一次次地夺走青春的容颜，但给人生的前途增添了一份尊严，这是任何顺利的成功都不能做到的。

calamity [kə'læmiti] *n.* 灾祸；灾难；不幸之事

例 An optimist sees an opportunity in every calamity; a pessimist sees a calamity in every opportunity.
乐观者在每一次灾难中看到机会，悲观者在每一次机会中看到灾难。

## 小试身手

他们能够欣然接受失败，并从失败中懂得：无论尝试什么，都是成功的最好机会。

译 ________________________________________

永远不要害怕，人人都有一次机会，没有谁会一生都失败。

译 ________________________________________

失败仅仅是在寻找新的挑战时所付出的代价。

译 ________________________________________

## 短语家族

People who **profit from** loss are the kind of foot soldiers business leaders seek.
profit from：得益于；利用

造 ________________________________________

Those opinions include taking classes to develop new skills or bravely **striking out** on another career.
strike out：想出；删去

造 ________________________________________



# 生命最坚强的意志

## Determination

● 佚名 / Anonymous

In 1883, a creative engineer named John Roebling was inspired by an idea to build a **spectacular** bridge connecting New York with Manhattan Island. However bridge building experts throughout the world thought that this was an impossible feat and told Roebling to forget the idea.

Roebling could not ignore the vision he had in his mind of this bridge. He first managed to convince his son Washington, an **up-and-coming** engineer, that the bridge in fact could be built. Then together they developed concepts of how it could be accomplished and how the obstacles could be overcome. With great excitement and inspiration, they hired their crew and began to build their dream bridge.

The project started well, but when it was only a few months underway a tragic accident on the site took the life of John Roebling. Washington was injured and left with a certain

amount of brain damage, which resulted in him not being able to walk or talk or even move. In spite of his handicap Washington was never discouraged and still had a burning desire to complete the bridge and his mind was still as sharp as ever.

All he could do was move one finger and he decided to make the best use of it. By moving this, he slowly developed a code of communication with his wife. Then he used the same method of tapping her arm to tell the engineers what to do. It seemed foolish but the project was under way again.

For 13 years Washington tapped out his instructions with his finger on his wife' s arm, until the bridge was finally completed. Today the spectacular Brooklyn Bridge stands in all its glory as a **tribute** to the **triumph** of one man' s indomitable spirit and his determination not to be defeated by circumstances. It is also a tribute to the engineers and their team work, and to their faith in a man who was considered mad by half the world.

Often when we face obstacles in our day–to–day life, our hurdles seem very small in comparison to what many others have to face. The Brooklyn Bridge shows us that dreams that seem impossible can be realised with determination and persistence, no matter what the odds are. Even the most distant dream can be realized with determination and persistence.



1883年，一位极具创造力的工程师约翰·罗布林冒出了一个想法——在纽约市与曼哈顿半岛之间搭建一座宏伟的桥梁。然而，全世界的建筑业专家都认为这是一项根本不可能完成的工程，于是劝告罗布林放弃这个念头。

罗布林不能抹掉他在大脑中对这座桥的幻想。他首先想方设法说服了他的儿子华盛顿——一位崭露头角的工程师，使他相信这个工程是可以实现的。于是，他们一起构思该如何完成以及如何克服障碍，最终怀着兴奋的心情与伟大的灵感，雇用了工作队，开始建造他们的梦想之桥。

建桥计划开始很顺利，但是仅在几个月后，建筑工地发生了一场事故，约翰·罗布林在这次事故中丧生，华盛顿的脑部受伤，导致他不能说话，不能走路，甚至连移动都成问题。尽管如此，华盛顿并没有气馁，仍然怀着强烈的建桥欲望，而且他的思想还如从前般敏锐。

他只有一根手指能动，于是他决定要好好地利用它。通过移动这根手指，他慢慢开发了一套与妻子沟通的代码。他用手指敲打妻子的胳膊，告诉工程师该做什么。这好像很愚蠢，但是工程就在这种方式下开始了。

华盛顿用手指敲打妻子的胳膊发出指令，这种方法持续了13年，直到大桥最后竣工。今天，宏伟壮观的布鲁克林大桥巍然屹立，正是对华盛顿不屈不挠的精神以及其永不言败的决心的颂词，这也是对工程师们与他们的工作组的团结精神的颂词，是对他们对一位被认为了半个世纪癫狂之人的信赖的颂词。

我们在日常生活中时常会面临障碍，可是与其他人相比，这种障碍真是微不足道。布鲁克林大桥的建成向人们表明：只要我们下定决心，坚持不懈，不管成功的概率有多大，都能够实现那些看似不可能的梦想，即使再遥远的梦想也可以实现。

**词汇笔记**

spectacular [spek'tækjulə] *adj.* 壮观的；雄伟的；引人入胜的

例 The largest group of religious monuments and megalithic sculptures in South America stands in a wild, spectacular landscape.

在南美洲一片壮观的原始风景区内，竖立着一些巨大的宗教性的纪念像和雕塑。

up-and-coming *adj.* 有前途的；大有希望的；精力充沛的；精明能干的

例 An up-and-coming artist with a great set of skills and strong beliefs that he represents in his art.

他富有技巧，并在其作品中表达出强烈的信念，是一位冉冉升起的新秀。

tribute ['tribju:t] *n.* 称赞；颂词

例 Caricature is the tribute that mediocrity pays to genius.

笨拙的模仿，是凡人对天才呈献的赞词。

triumph ['traiəmf] *n.* 巨大成功；重大成就；伟大胜利

例 It was a great triumph when our team won the race.

我们队跑赢了，这是一个很大的成功。

**小试身手**

他只有一根手指能动，于是他决定要好好地利用它。

译 ________________________________________

今天，宏伟壮观的布鲁克林大桥巍然屹立，正是对华盛顿不屈不挠的精神以及其永不言败的决心的颂词。

译 ________________________________________

只要我们下定决心，坚持不懈，不管成功的概率有多大，都能够实现那些看似不可能的梦想，即使再遥远的梦想也可以实现。

译 ________________________________________

**短语家族**

He first **managed to** convince his son Washington.

manage to：设法；达成

造 ________________________________________

**In spite of** his handicap Washington was never discouraged and still had a burning desire to complete the bridge and his mind was still as sharp as ever.

in spite of：尽管；不管；不顾

造 ________________________________________



# 从逆境走向胜利

## Adversity to Victory

● 佚名 / Anonymous

The following is a true story about a young friend who lives in St. Louis.

Andy was born with a developmental disorder. The two sides of his brain were not joined normally with each other. The right side of his body could not communicate with the left. At age three, it was difficult for him to walk, speak, and play. He could only echo back a few words, and walk slowly while someone held each of his hands.

Then came the struggles. He **attended** an all-day center where he was enrolled in every imaginable **therapy**. He struggled, sometimes in tears, to get stronger. Andy hated it when his parents would leave him there in the mornings. However, they believed—against all odds—that he would grow up to live a normal healthy life. They believed it for themselves, and for Andy.

It paid off. Today Andy is a successful 13-year-old high school student. His progress has been nothing short of **phenomenal**. He receives special help with a few things, but joins with his friends in all the activities he loves. Andy overcame enormous odds to move from adversity to victory.

Ask yourself: "What are the seeds of strength hidden in my struggles today? If I get back up when I fall, what will that make possible tomorrow?"

"Overnight success" is the result of years of **tenacity** and continued learning. Victory is possible for those who decide it' s their most compelling option. They' ll find the path to their dream. However, they will accept adversities as universities that will foster strength, growth, and skills to attract the victory they seek.



以下是关于一位年轻朋友的真实故事，他就住在圣路易斯。

安迪患有先天性发育失常病。因为两个脑半球连接异常，导致他的左右侧身体无法传递信息。长到3岁大的时候，他在走路、说话和玩耍方面都有困难。他能说的话很少，只有在两只手被别人拉着的时候才能慢慢地行走。

后来，安迪开始与病魔展开斗争。他被送去一个全天护理中心，在那里他会接受每一项治疗。他挣扎着让自己变得更加强壮，但是有时也会流泪。安迪不喜欢父母一早把他独自留在护理中心。然而，他们相信——冲破所有失败的可能——安迪会长大成人，过上正常人的健康生活。他们对自己有信心，对安迪有信心。

安迪的付出终于有了回报。现在，13岁的安迪成功地成为一

名高中生。他的状况有了很大改善。尽管在很少的一些事情上还需要特别帮助，但是他可以参加各种自己喜欢的活动，和朋友们一起玩耍。从不幸走向胜利，安迪克服了种种巨大的障碍。

问问你自己："今天支撑我们向前挣扎的力量源泉是什么？如果我在跌倒后重新站起来，明天会创造什么成就？"

"一夜成功"是多年不懈努力与不断学习的结果。胜利总是发生在那些将其视为对他们最有诱惑力的选择的人身上。他们总能找到通向梦想的道路。他们接受各种不幸，将它们看做大学，可以为实现他们的追求增强实力、促进成长和培养技能。

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改变自己能改变的，接受自己不能改变的，并具有区分这两种情况的智慧。尽管很多时候我们无法避开噩运，但是我们可以选择面对，把苦难当作考验，从中收获坚强。成功没有条件限制，那些渴望成功的人，无论身处何境，总能披荆斩棘，找到通往成功的路。

**词汇笔记**

attend [ə'tend] *v.* 参加；出席

例 He insists that his three grandsons not attend his funeral.
他坚决要求他的三个孙子不能参加他的葬礼。

therapy ['θerəpi] *n.* 疗法

例 For most patients, primary treatment is surgery, often with radiation therapy.
大多数病人主要用外科治疗，通常伴随放射疗法。

phenomenal [fi'nɔmənəl] *adj.*非凡的

例 If you make it the focus of your career, that would be phenomenal.
假如你能以此作为你职业的目标，你将脱颖而出。

tenacity [ti'næsiti:] *n.* 坚持；顽强；不屈不挠；坚韧；韧性

例 Napoleon in a battle with the enemy, the tenacity of the resistance encountered, the team suffered heavy losses, the situation is very dangerous.
拿破仑在一次与敌军作战时，遭到顽强的抵抗，队伍损失惨重，形势非常危险。

**小试身手**

"一夜成功"是多年不懈努力与不断学习的结果。

译 ________________________________________

胜利总是发生在那些将其视为对他们最有诱惑力的选择的人身上。他们总能找到通向梦想的道路。

译 ________________________________________

他们接受各种不幸，将它们看做大学，可以为实现他们的追求增强实力、促进成长和培养技能。

译 ________________________________________

**短语家族**

He attended an all–day center where he **was enrolled in** every imaginable therapy.
be enrolled in：入伍；入学

造 ________________________________________

If I **get back up** when I fall, what will that make possible tomorrow?
get back up：站起来

造 ________________________________________



# 必须赶紧推开石头
## Roll away the Stone

● 珀尔 · 巴克 / Pearl Buck

I enjoy life because I am endlessly interested in people and their growth. My interest leads me continually to widen my knowledge of people, and this in turn compels me to believe that the normal human heart is born good. That is, it is born sensitive and feeling, eager to be approved and to approve, hungry for simple happiness and the chance to live. It neither wishes to be killed nor to kill. If through circumstances it is overcome by evil, it never becomes entirely evil. There remain in it **elements** of good, however recessive, which continue to hold the possibility of restoration.

I believe in human beings but my faith is without sentimentality. I know that in environments of uncertainty, fear and hunger, the human being is dwarfed and shaped without his being aware of it, just as the plant struggling under a stone does not know its own condition. Only when the stone is

removed can it spring up freely into the light. But the power to spring up is **inherent**, and only death puts an end to it.

I feel no need for any other faith than my faith in human beings. Like Confucius of old, I am so absorbed in the wonder of earth and the life upon it that I cannot think of heaven and the angels. I have enough for this life. If there is no other life, then this one has been enough to make it worth being born, myself a human being.

With so profound a faith in the human heart and its power to grow toward the light, I find here reason and cause enough for hope and confidence in the future of mankind. The common sense of people will surely prove to them someday that mutual support and co-operation are only sensible for the security and happiness of all.

Such faith keeps me continually ready and purposeful with energy to do what one person can toward shaping the environment in which the human being can grow with freedom. This environment, I believe, is based upon the necessity for security and friendship.

I take heart in the promising fact that the world contains food supplies **sufficient** for the entire earth population. Our knowledge of medical science is already sufficient to improve the health of the whole human race. Our resources in education, if **administered** on a world scale, can lift the intelligence of the race. All that remains is to discover how to administer, upon a world scale, the benefits which some of us already have. In other words, to return to my simile, the stone must be rolled away.

This, too, can be done, as a sufficient number of human

beings come to have faith in themselves and in each other. Not all will have such faith at the same moment, but there is a growing number who have the faith. Half a century ago no one had thought of world food, world health, world education. Many are thinking today of these things. In the midst of possible world war, of wholesale destruction, I find my only question is this: Are there enough people who now believe? Is there time enough left for the wise to act? It is a contest between ignorance and death, or wisdom and life. My faith in humanity stands firm.



我享受着生活的乐趣，因为我对人类及其发展有着无穷的兴趣。这一兴趣引导着我不断拓宽对人们的了解，并进一步促使我坚信“人之初，性本善”。这就是说，人生来便善解人意，富有同情心，渴望被肯定及肯定他人，期望得到简单的幸福与生存的机会；而并不愿意遭受他人迫害或去迫害他人。即使人类因环境的影响而产生了邪念，也绝不会完全为邪恶所掌控。无论怎样蜕化变质，人性美好的一面终会有所保留，也依然会有弃恶从善的可能。

我想，再没有什么信仰比我对人类的信仰更重要了。我知道，当处于恐惧、饥饿、不确定的外部环境中，人类并未意识到他们的发展受到了阻碍，就像被压在石头下却毫不知情、仍在苦苦挣扎的植物一样。只有推开石头，它才能在明媚的阳光下自由生长。这蓬勃生长的力量是与生俱来的，唯有死亡才能将其剥夺。

拥有了对人类的信仰，我觉得其他信仰都不再重要。同古时的孔子一样，我深深沉迷于对大地与人生的无限惊奇中，而不再

去想什么天堂和天使。今生，我活得充实。倘若没有来世，那么为今世而生也完全值得。

我深信人心向善且拥有向往光明的力量。这使我对人类的未来充满了希望与信心。未来的某天，人类共同的感知将会向他们证实，对全人类的安全与幸福而言，相互扶持与合作是明智的。

这样的信仰让我心甘情愿地不断尽自己所能、有目的地为营造人类自由发展的环境而努力。我相信，营造这样的环境是基于人类友谊与安全的需要。

我坚信未来：世界拥有足够供养全人类的食物；我们的医学知识足以改善全人类的健康状况；我们的教育资源，如果全球化管理，就能提高全人类的智力。我们只需去发现如何全球化管理我们已经拥有的资源。换句话说，借用我之前的比喻，那就是必须推开石头。

这也是可行的，因为数以万计的人类已渐渐对自己与他人拥有了信心。尽管并不是所有人都同时拥有了这样的信念，但拥有这种信念的人越来越多。半个世纪前，还不曾有人对世界的食物、健康及教育等问题予以关注。而今天，很多人都在关注这些事情。在可能发生的世界大战或大规模的毁灭行动中，我只有一个疑问，那便是：如今是否有足够的人拥有信仰？是否有足够的时间让智者行动？这是无知与死亡、智者与生命之间的论争。而我对人类的信仰坚定如一。

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“人之初，性本善。”不管社会如何发展，人类的生存环境怎样变化，人性中美好的东西始终存在，尽管有时迫于无奈，它会躲进某个角落，但是永远不会泯灭，即便是那些一时糊涂、被邪恶附身的人，也始终保留着美好的一面，只要条件成熟，它依旧会开出美丽的花朵。

## 词汇笔记

element ['elimənt] *n.* 成分；要素

例 Honesty, industry and kindness are elements of a good life.
诚实、勤奋和善良是健康生活的要素。

inherent [in'hiərənt] *adj.* 固有的；内在的

例 The sustainable development of economy is the human social inherent demand.
经济的持续发展是人类社会内在的必然要求。

sufficient [sə'fiʃənt] *adj.* 足够的；充足的

例 As the population grows, water shortages will become more common, and obtaining sufficient water for daily needs will be an increasing problem.
随着人口的增长，水的缺乏将越来越普遍。因此，获得充分的日常用水将成为日益严重的问题。

administer [əd'ministə] *v.* 管理；支配；管理（公司、组织、机构）

例 It takes brains to administer a large corporation.
管理大公司要有头脑。

## 小试身手

人之初，性本善。

译 ______________________________

同古时的孔子一样，我深深沉迷于对大地与人生的无限惊奇中，而不再去想什么天堂和天使。

译 ______________________________

我深信人心向善且拥有向往光明的力量。这使我对人类的未来充满了希望与信心。

译 ______________________________

## 短语家族

This **in turn** compels me to believe that the normal human heart is born good.
in turn：相应的；转而

造 ______________________________

I **am** so **absorbed in** the wonder of earth and the life upon it that I cannot think of heaven and the angels.
be absorbed in：专心致志于；全神贯注于

造 ______________________________



# 永远不要失去你的信心
## Don't Lose Your Heart

● 佚名 / Anonymous

There are times, for all of us, when the sunshine of life seems to disappear. On such occasions—and let's hope they will be rare—I like to remind myself of these wise words by an unknown author:

Count your **blessings** instead of your **crosses**;
Count your gains instead of your losses;
Count your joys instead of your **woes**;
Count your friends instead of your foes;
Count your smiles instead of your tears;
Count your courage instead of your fears;
Count your full years instead of your **lean**;
Count your kind deeds instead of your mean.

Now, isn't there a great feeling of optimism and good cheer in thoughts such as these?

"Although we travel the wide world over to find the

beautiful, it is essential that we carry it with us or we find it not." Take a few minutes to think about these words today—I am certain that you will find a great deal of truth in them.



我们每个人都有过这样的时刻，感觉生命中没有了闪耀的阳光。这样的情景——让我们期待它少一些——我喜欢用无名作家的这些格言提醒自己。

多想好运而非霉运；

多想收获而非遗失；

多想喜悦而非哀伤；

多想友人而非仇敌；

多露笑容而非泪水；

多些勇气少点敬畏；

多计丰年少数歉年；

多施善行不记吝啬。

现在，想想这些之后，是不是有了乐观的情绪和愉快的欢呼呢？

“尽管，我们满世界寻找美丽，它其实每天都与我们相伴，只是我们没有发现它。”今天，用几分钟的时间细细品味这些话语——我确信你会从中领悟许多道理。

**词汇笔记**

blessing ['blesiŋ] *n.* 上帝的恩赐；幸事；幸运

例 An honest heart being the first blessing,a knowing head is the second.

拥有一颗诚实的心灵是第一大幸事，聪明的头脑尚在其次。

cross [krɔs] *n.* 十字架

例 She wears a small silver cross on a chain round her neck.

她脖子上戴着项链，上面挂着个银的小十字架。

woe [wəʊ] *n.* 悲伤；哀愁；痛苦；苦恼

例 Love is alternating joy and woe.

爱情就是欢乐与痛苦的轮回。

lean [li:n] *adj.* 难以赚钱的；生产不出（食物等）的

例 The company recovered well after going through several lean years.

经历了几年的萧条后，这家公司的业务才恢复正常。

**小试身手**

我们每个人都有过这样的时刻，感觉生命中没有了闪耀的阳光。

译 ____________________

多想好运而非霉运；多想收获而非遗失；多想喜悦而非哀伤；多想友人而非仇敌；多露笑容而非泪水；多些勇气少点敬畏；多计丰年少数歉年；多施善行不记吝啬。

译 ____________________

尽管，我们满世界寻找美丽，它其实每天都与我们相伴，只是我们没有发现它。

译 ____________________

**短语家族**

Count your blessings **instead of** your crosses.

instead of：（用……）代替……；（是……）而不是……；（用……）而不用……

造 ____________________

Take a few minutes to think about these words today—I am certain that you will find **a great deal of** truth in them.

a great deal of：许多；大量

造 ____________________